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The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

April 2010 *"The story as it's told."* Volume 12 • Number 4

Band Member Donates His Allowance to Charity

Photo courtesy of Ivy Vainio

Band member Jacob Vainio donated his allowance money to relief efforts in Haiti.

By Toya Stewart Downey

Just a few days after a tragic earthquake struck Haiti, Jacob Vainio decided he wanted to help the millions of people devastated by the disaster.

Jacob, an 11-year-old Band member, decided he would donate all of the money he had saved from his allowance – dating back to 2007 – to relief efforts in Haiti and to the Haitian people.

"I just saw all the suffering on TV, and I thought they could use my money more than I could," said Jacob, a sixth-grader at the Marshall School in Duluth.

Jacob donated $145 for Haiti relief efforts during an annual Soul Food Dinner program sponsored by the Black Student Union and the World Student Association at the University of Wisconsin-Superior in February.

Jacob was the single largest donor that night. In total, the student groups raised more than $1,500 for the American Red Cross's Haiti fund.

When Jacob started getting his monthly allowance three years ago, his father, Arne Vainio, taught him to set aside 10% for charity and 10% for a savings account. The amount of his allowance is equal to his age.

"We've never told him what to do with his allowance," said Arne, a Band member. "He's bought a few things, but mostly he's been saving."

After the Vainios first heard about the earthquake on Minnesota Public Radio, they turned on the television and saw the haunting images of the tragedy.

"It was striking, and when Jacob told me he wanted to donate his money, I was speechless," said Arne. "I almost don't know what to say now, except I'm extremely proud. A lot of adults might have backed out during the time it took for him to hand over his allowance, but he was set on it."

"It felt good to put my money in a place that needed help," said Jacob, who was recognized during a special ceremony in March when the money was presented to the Red Cross.

"A lot of people were surprised, but they thought I was putting my money to a good cause," Jacob said. "I will start saving up again, and maybe I'll donate to another cause."

Mille Lacs Band Primary Election Results

Secretary/Treasurer candidates Curt Kalk and Herb Weyaus (incumbent) will move on to the general election for the position after receiving the most votes in the March 30 primary election.

Following are the primary election vote totals for Secretary/Treasurer:

Curt Kalk	311
Herb Weyaus	310
David Matrious	254
Brad Roache	87
Total	962

In the District II Representative primary election, candidates David Niib Aubid and Marvin Bruneau (incumbent) received the most votes.

Following are the primary election vote totals for District II Representative:

David Niib Aubid	49
Marvin Bruneau	45
Johnathan Benjamin	31
Jennifer Aubid	24
Darlene Day	24
Mary Susan Bohanon	11
Bahwahsung Merrill	0
Total	184

In the District III Representative primary election, candidates Diane Gibbs and Harry Davis (incumbent) received the most votes.

Following are the primary election vote totals for District III Representative:

Diane Gibbs	80
Harry Davis	75
Mert Liebgott	56
Wallace St. John Sr.	24
Edward St. John Sr.	9
Total	244

The Band's general election will be held on June 8.

Inaajimowin to change publication deadlines

Information due on the 15th, issue mails on the 1st

Thank you to everyone who participated in last month's communications survey. We received an overwhelming response. We will announce the results of the survey and the changes we will be making in the May issue of the *Inaajimowin*.

In the meantime, we have decided to implement an immediate change to the *Inaajimowin* based on the survey results. Effective May 1, the *Inaajimowin* will be published on the first of the month. Currently, the newspaper is mailed in the middle of the month, but this has made deadlines confusing.

To facilitate the schedule change, this month's edition was mailed a week early. The May issue will be mailed on the new schedule.

Under the new publication schedule, information will be due on the 15th of each month. This new deadline will start with the June issue of the *Inaajimowin*.

Thank you for your patience as we make changes to help communicate with you better.

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43408 Oodena Drive
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Band Members Celebrate Treaty of 1837 Court Victory

Photo courtesy of Carla BigBear

Band members Erik Parsons (left) and Syngen Kanassatega (right) competed against each other in the inflatable sports challenge during the Treaty Day celebration. Several hundred Band members attended the day's festivities at the District I Community Center, which included a Wii bowling contest and prize drawings for a round golf at Grand National Golf Course, fishing nets, a Wii, bikes, and more.

Photo courtesy of Carla BigBear

Chief Executive Marge Anderson addresses Band members at the District I Community Center. Marge spoke about the Supreme Court's decision to uphold the Treaty of 1837, which respected the rights of Band members to hunt and fish in the ceded territory included in the treaty. She said she hopes that all Band members will keep the treaty rights victory fresh in their minds, because it will continue to inspire everyone to do great things.

Photo courtesy of Carla BigBear

AmVets Post 53 members (left to right) Renee Pewaush, Alan Weyaus, and Kenny Weyaus participate in the flag-raising ceremony. This ceremony unveiled the new AmVets logo on the organization's flag.

2010 Election Calendar

- April 1: General Reservation Election Board publishes primary results
- April 2: Deadline for request for recount
- April 6 (5:00 p.m.): Deadline for contest of primary election
- April 7 (results, if allowed, or 5th or 6th if earlier request): Decision on request for recount and results of recount
- April 16: Decision on contest
- April 19: Deadline for appeal to Court of Election Appeals
- April 22: Record of contest to Court of Election Appeals
- April 26: Last day for hearing on appeal
- May 6: Last day for decision on appeal
- May 7: Notice of regular election; TEC provides ballots
- **June 8: General election**
- June 9: General Reservation Election Board certifies results of election
- June 10: General Reservation Election Board publishes election results
- June 11: Deadline for request for recount
- June 15 (5:00 p.m.): Deadline for notice of contest
- June 16 (or 15th or 14th, if request for recount is filed before deadline): Decision on request for recount and results of recount, if allowed
- June 25 (or 10 days from notice of contest, whichever is sooner): Deadline for decision on contest
- June 28: Deadline for appeal to Court of Election Appeals
- July 1: Record of contest forwarded to Court of Election Appeals
- July 6: Last day for hearing on appeal (hearing within 7 days of notice of appeal)
- July 13: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals
- 10 days from hearing on appeal: Deadline for decision of the Court of Election Appeals
- Day following decision of appeal: Winning candidate prevailing on appeal takes office

Obama Signs Indian Health Care Improvement Act

After more than a year of debate, the United States Congress and President Barack Obama passed health care reform legislation that included the permanent reauthorization of the Indian Health Care Improvement Act (IHCIA).

The IHCIA, which provides support to the Indian Health Service (IHS) and other programs that aid American Indian health care, was first enacted in 1976 and had not been reauthorized since 2001.

The IHCIA reaffirms the federal government's trust responsibility to provide health services to American Indians and Alaska Natives. It also reinforces the nation-to-nation relationship between the federal government and individual tribal governments.

The IHCIA includes funding for the following new and enhanced programs:

- Long-term care services, including home health care, assisted living, and community-based care.
- Mental and behavioral health services, including programs for suicide and domestic violence prevention.
- Mammography and other cancer screenings consistent with the recommendations of the United States Preventive Services Task Force.
- Programs for health care facility construction, including demonstration programs for modular component construction and mobile health stations.
- Grants to prevent, control and eliminate communicable and infectious diseases, including hepatitis and HIV.

Boys of Summer Program: Year-Round Fun

By Bugs Haskin, Nay Ah Shing Athletic/Activities Director and head of the Boys of Summer Program, and Boys of Summer participants Ricky Boyd, Randy Sam Jr., and Ethan Smith

The following article appeared in the June 29, 2009, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger*'s permission.*

The Mille Lacs Band's Nay Ah Shing Schools, tribal police, Department of Public Safety, and Department of Natural Resources work together to provide students with fun activities and community service projects through the Boys of Summer program. The program offers activities for school-aged boys and girls to help them develop positive relationships with law enforcement personnel. Although the program is called the Boys of Summer – named for its original aim of providing activities for boys – the program is open to boys and girls.

Following are some perspectives about the Boys of Summer program from the program's director and three participants.

Bugs: Nay Ah Shing held its second triathlon last summer with eight kids participating. Our triathlon consists of a one-fourth mile swim, 13 miles of biking, and a one-mile run.

Ethan (11 years old): I'm proud I finished the triathlon. We had to do a lot of training for four or five weeks before the race, which was hard work. But it was fun, and we got a gift certificate for finishing it.

Randy (12 years old): I did the triathlon the first year, too. Then last summer, I improved my time by 30 minutes. It was fun to have more friends involved and to train with them. I want to do it this summer and hopefully beat my time again!

Ricky (16 years old): I'm the oldest member of the Boys of Summer and have been involved for three years. My favorite activity last year was helping at the powwow in August by cleaning up the grounds and picking up garbage along the lake.

Ethan: The go-carts were my favorite last summer. We went with some tribal police officers and raced against them. The best part was when Bugs crashed Police Chief Dwight Reed into the fence, so he couldn't win the race.

Randy: This is my third year in the Boys of Summer. I really like all the different activities we do, especially boating and tubing with the tribal police officers. I also liked going to Camp Chi Rho last July. We had bonfires each night and told scary stories. Bugs told us her scary story about "Liver Eye," which made some people scream. Some of the kids doubled up in their bunks or didn't sleep that night, but I wasn't that scared.

Bugs: Even though the kids had a good scare with my "Liver Eye" story, they begged me to tell it night after night. We took eight Mille Lacs Band youth to Camp Chi Rho in Annandale, where they were among American Indian youth from Minnesota and surrounding states. The kids worked on academics in the mornings and enjoyed fun, summertime activities in the afternoons and evenings.

Ethan: I made some new friends at camp, and I want to go back this year. I hope to go every year until I am old enough to start going as a camp counselor.

Bugs: We plan activities for the kids throughout the year as well, and we like to get their input. In order to participate, the students need to have good grades and attend the weekly meetings.

Ricky: Last year we adopted a soldier. Her name is Sarah, and she's from Hawaii. She is in Iraq right now. We send her letters and other things, like a Nay Ah Shing t-shirt. She sends us letters when she can. I want to go into the Air Force and hopefully become a pilot. So it's good to hear a perspective from a soldier overseas. We haven't received any mail from her in a long time. We hope she is okay.

Randy: I want to someday join the Army. I like sending letters to Sarah and hearing about her job as a medic and what it is like over there.

Ricky: Another activity we do is visit with Elders at the assisted living units. A while back, we visited with Elders and made popcorn balls and cookies with them. They really enjoy our visits. We even served them ice cream that Dan Oehrlein helped us make.

Bugs: We provide a variety of activities – from boating trips to community service projects – to keep the kids busy and help them make positive choices. We look forward to another great summer.

Editor's note: The 2010 Boys of Summer program will begin when school is finished for the year. For more information, please call Bugs Haskin at 320/532-4695.

Community Meetings Updates

District IIa

Michelle Palomaki, director of Circle of Health, updated Band members about the new federal health care law and how it will affect them. For more information, read the health care article on page 2.

District III

Sid Lucas, director of public safety, spoke at the meeting about the possibility of installing a tornado siren in District III. The siren would be paid for through a grant. A majority of Band members voted in favor of installing the tornado siren.

Travis Lund, community development project manager, presented information about the new Wise Owl development that will be located on trust property in District III near the Conoco Station.

Construction on the development will begin in middle to late May and will be finished by late fall. The development will include 22 single-family housing units, 14 of which will be new. There will be a mix of Elder, rental and homeowner units. In addition to homes, the Wise Owl project will include new roads and infrastructure.

Urban area

Band members in the urban area had an opportunity to see film footage from the Sherman Holbert Collection of the Old Fort Mille Lacs Village.

Most of the images are not accompanied by sound, but they are striking and unforgettable. They show Band members making canoes, harvesting wild rice, doing beadwork, cooking, cleaning, and dancing for crowds.

The screening was sponsored by the Band's Department of Natural Resources Tribal Historic Preservation Office. Another viewing will be scheduled on a future Saturday to allow for more people to attend and see the historic images. Contact the urban office for details at 612/872-1257.

$132,609 Returned to Mille Lacs Band

Funds were stolen by former contractor and project manager

The Mille Lacs Band of Ojibwe has received a check for $132,609 from the United States Department of Justice.

This money came from the formerly undisclosed bank accounts of Jason Heinlen (of Heinlen Construction), a former contractor of the Mille Lacs Band, and Eric Makowski-Budrow, a former project manager for the Band, after both men pled guilty in United States District Court to counts related to the theft of Mille Lacs Band funds. The Band will receive additional money after the federal government sale of a seized pickup truck driven by Makowski-Budrow.

Although both men are still awaiting their sentences, their guilty pleas made the release of the $132,609 possible prior to their sentencing. The theft was discovered during the course of an internal Band investigation, which the Band reported to the federal government, and a federal investigation ensued.

"The Mille Lacs Band is pleased with the progress of the federal legal process," said Rjay Brunkow, the Band's solicitor general. "The funds returned to the Band government today were deliberately stolen, and they can now be used as intended – for the benefit of the Band and its members."

The funds will be placed in the Band's long-term savings account. The Band will continue to fully cooperate in the ongoing federal investigation, which is expected to result in additional indictments.

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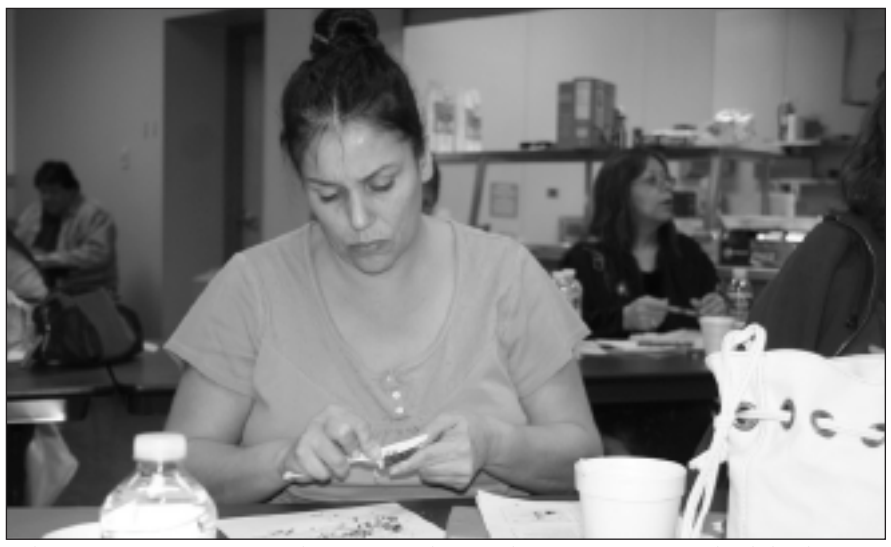
Band Members Learn Dangers of Smoking



Toya Stewart Downey

Mille Lacs Band member Nickena Peet is learning how to make Kinnikinnick. She is scraping off the outer red bark of a red willow tree to get to the inner green bark (the kinnikinnick). The inner bark needs to be scraped off and dried. After it is dried, it can be mixed with cedar or other natural aromatic resources. Kinnikinnick is to be used only for traditional purposes.

By Toya Stewart Downey

Band member Nickena Peet wants to quit smoking. But Nickena knows quitting isn't easy, which is why she decided to attend the seminar, "Secondhand Smoke and Kinnikinnick."

The seminar was sponsored by the Band's Public Health Department and facilitated by Band Elders Gloria Songetay, Marlene Poukka, and Herb Sam. It was one of four seminars held across all districts and the urban area to educate Band members and others about the dangers of smoking, secondhand smoke, and traditional uses of tobacco.

The next seminar will be held from 1-4 p.m. on April 26 at the Isle Community Center. Participants will be able to choose a gift basket or one pound of wild rice for attending the session.

"There is no safe amount of smoke or secondhand smoke," Gloria told the seminar attendees. "It's really important to keep your children away from secondhand smoke."

Just ask Marlene. She smoked for many years, but quit when she learned that her grandson's asthma and breathing suffered because of her habit.

"I haven't smoked for seven years, but I still struggle," said Marlene, who once quit for nine years before smoking again. "Nicotine is an addictive substance in commercial tobacco, and that makes it more difficult to quit."

It takes the average smoker 10 to 12 tries before they successfully quit, Marlene said. On average, they're able to resist smoking for about a week before they break down and begin smoking again. That's why she encourages people to use gum or a nicotine patch to help them in the beginning.

"It takes time, but keep trying," she said. "It's like riding a bike. You fall off, but you get back on."

During his presentation, Herb encouraged Band members to use traditional tobacco – kinnikinnick from the red willow tree – in a ceremonial way.

Herb, Gloria and Marlene are also spreading the message that smoking is dangerous for the person doing it, as well as those around them.

More children have respiratory ailments, such as asthma, because they're exposed to secondhand smoke. They also learning that smoking is an acceptable behavior.

"Respect kinnikinnick and the reasons it's used," said Herb. "Life is given to you. Your body belongs to the Great Spirit. Respect your body and reasons for life."

Nickena started smoking when she was 11 years old. By the time she was 13, she was smoking daily. Now she's 45 and knows that it's taken a toll on her health.

"I'm seeking clean living," said Nickena, who lives in the urban area. "I know I have to get my body pure."

And she's on her way. Before February 18, Nickena smoked about one-and-a-half packs per day. These days she's smoking about 10 cigarettes a day.

Seminars will continue to be offered throughout the year as a part of the Public Health Department's Tribal Education and Policy Initiative funding from a grant from ClearWay Minnesota.

"We are in our second year of funding," said Marlene. "The work plan calls for community education on a quarterly basis in each of the three districts and the urban area regarding secondhand smoke education and traditional tobacco, which is kinnikinnick."

Marlene added that Herb is the only traditional healer she knows that supports the advocacy of traditional tobacco use.

"Herb teaches us that Anishinnabe people did not have commercial tobacco before the arrival of the Europeans," she said. "If anyone did, it was obtained by trading with the southern or eastern tribes."

Spring Community Cleanups

By Brian Scheinost, director of public works

District I, Vineland April 24-30

Spring cleanup sites will be open from 8:30 a.m.-4:30 p.m. on Monday through Friday, and 9 a.m.-4 p.m. on Saturday and Sunday. All rolloff dumpsters will be located at the Mille Lacs Band Transfer Station.

Curbside pickups are free for Elders and $75 per truckload for other Band members. To schedule a pickup, contact the public works office at 320/532-7430. Those who schedule curbside pickup must pile their community cleanup items at the end of their driveways.

District II, East Lake, McGregor, Minnewawa, Sandy Lake, and Isle May 8-15

Rolloff dumpsters will be placed at the Apple Orchard, Old East Lake Center, Country Road 30, Lake Minnewawa, Sandy Lake, Isle Community Center, and the cul-de-sac at the end of Sam Drive. The dumpsters will be placed at these locations for one week only.

District III, Lake Lena and Hinckley May 1-7

Rolloff dumpsters will be placed at the Old Lake Lena Community Center, the midway point on Badger Road, the baseball field in the Razor Lake area, County Road 20 going north, and the new community center behind the Hinckley ALU. The dumpsters will be placed at these locations for one week only.

E-waste recycling

The Band will also be collecting old electronic equipment, such as computers, printers, televisions, and microwaves. If possible, the Band will refurbish the equipment and give it back to community members. If the equipment can't be reused, the Band will recycle it responsibly.

E-waste can be dropped off in specially marked bins at the above locations. Please keep the piles separate. For more information about e-waste recycling, contact Andy Boyd, environmental and ecosystem technician, at 320/532-7779, or Scott Hansen, environmental programs manager, at 320/532-7445.

Please contact Public Works at 320/532-7448 if you have any questions or concerns about the 2010 spring cleanup.

Racino Bill Withdrawn, Later Revived in the House

In March, a major racino bill was withdrawn from consideration before it could be defeated by a Senate committee. For more than two hours, the committee heard testimony from both supporters and critics of the bill, which would allow slot machines at Canterbury Park in Shakopee and Running Aces near Forest Lake.

Angela Heikes, vice president of gaming planning and analysis for the Corporate Commission, represented the Mille Lacs Band at the hearing. She informed members of the committee that a new metro-area casino would hurt existing operations, including Grand Casino Mille Lacs and Grand Casino Hinckley.

At the hearing, Senator Dan Sparks, the author of the bill, mentioned his intentions to attach the proposal as an amendment to a key piece of legislation later in the session. Legislation regarding rural development, jobs, education, or early childhood education would be ideal targets for Sparks, because these topics would receive part of the racino revenues under the tabled bill.

Later in March, a House committee revived the racino bill in a hearing. Nevertheless, the proposal is not expected to pass this year. Representative Al Juhnke, committee head, indicated that racino advocates might be trying to build momentum for renewed efforts in the coming years.

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The Story of Band Member Artist Steve Premo

Photo courtesy of Steve Premo

Steve Premo

By Toya Stewart Downey

Steve Premo knows he's one of the fortunate people whose career has allowed him to pursue his passion as an artist.

"It's rewarding to do what I like to do for a living," said Steve, 57, an artist designer for the Corporate Commission. "Work is a big part of who I am, and my art is intertwined with what I do."

"Of course it's work too, it's not just drawing pictures."

Like many artists, Steve's talent was apparent even as a child. He spent much of his childhood in Districts I and III, but he grew up in Minneapolis.

"I had a leg injury as a child, and I had to learn to walk again," he said. "During that time, I did a lot of those paint-by-numbers coloring books, and that got me interested in art."

"I was shy and introverted, but I quickly learned that through art I could communicate with people," he said. "They would ask me about what I created, and we would talk about it."

When he was in the third grade, he drew a human heart, complete with blood and veins coursing through it. It was a Valentine's Day project, and he recalls getting quite the reaction from his classmates. "The boys liked it, the girls and the teacher didn't," but that didn't stop him from continuing to take risks in his work.

He focused on art classes and even taught other kids how to do beadwork. He and a friend painted a mural at his high school.

Steve honed his craft as a student in the Minneapolis Public Schools, where he was allowed to take college-level art classes at the University of Minnesota. By the time he graduated from South High School in 1972, his gift was appreciated by many of his peers and educators.

After high school, Steve attended the Institute of American Indian Arts in Santa Fe, New Mexico, but he wasn't ready to concentrate on higher education. Instead, by the time he was 21, life and some of its hardships came his way.

He moved back to Minneapolis and taught at the Heart of the Earth Survival School from 1974 to 1978.

When he left Heart of the Earth, two big life changes occurred. He got married to his sweetheart, Peg, and began working for the Minneapolis School District in the Indian Education Department. He worked there from 1978 through 1991. His primary role was to design curriculum.

His reputation as an artist also grew during this time. He won national education awards, illustrated the book *Night Flying Woman*, and worked on Indian education projects showing the history of the state's Ojibwe reservations.

"One of the highlights of that time was being invited to be in a show at the Minneapolis Institute of Arts that featured six Native artists in Minnesota," he said. "I did a picture of my dad, and it hung in the Institute. My dad saw it, and he liked it."

After leaving his career in education, Steve began working for Grand Casino as a consultant, but it didn't work out as he planned.

It was a trying time both personally and professionally. Steve had four children, and his wife was ill. He had mortgage payments on two homes, one in Minneapolis and one in District I. "I needed work, so I asked for any job. I started out as an arcade and slot technician and I did that from 1992 to 1998," he said. "It was a fun job…one of the coolest jobs in the casino."

But like most educators, the desire to teach was beckoning him once again. He got an opportunity to teach in the K-12 program with the Lac Courte Oreilles in Hayward, Wisconsin, for six months, but left to return to his job at the casino.

Then the Small Business Development Program started, and he had the opportunity to own an art gallery at Grand Casino Hinckley. Premo Artworks opened in 1998 and remained in business for a year. He also did graphic design work to supplement his income and painted a mural at the government center.

Soon, the graphic designer job for the Small Business Development Program opened, and he took it. He worked there until the program was moved to the tribal government. He began working as a designer for the casinos in December.

Even if Band members don't know Steve personally, they've certainly been acquainted with his work. He's the artist behind the cover and illustrations in the comic book *Hero's Voice*, and he designed the Pendleton blanket that Band members received as a gift several years ago. He also created collector coins at the casinos.

"I began to get recognition only after my wife, Peg, died," said Steve, noting that his wife of 28 years succumbed to her illness and passed away in 1995. "The Great Spirit gave me something and took something away at the same time."

These days Steve has a couple of new ventures. He is the father of an additional son, Seth, of whom he's very proud. He has also created a traditional Ojibwe design and has transferred it onto fabric. He frequently wears it around his neck and has received praise almost on a daily basis. It's a floral design, and he's hoping to use it sometime in the future for multiple purposes, such as on clothing products.

He's also a National Indian Education Association award recipient for creating a commemorative blanket highlighting the organization's 40th anniversary.

Steve's work will be featured later this month at the Tally Art Gallery at Bemidji State University. The exhibit featuring Steve, Duane Goodwin, Bambi Goodwin, and Carl Gawboy will run from April 19 through May 7. An artists' reception will be held from 4 to 8 p.m. on April 23. All are invited to attend.

Women's Project Helps Survivors of Sexual Assault

The Mille Lacs Band Women's Project is raising awareness about sexual assault this month.

Sexual violence is a major cause of injury and trauma throughout the country, especially among American Indians. American Indians are twice as likely to experience sexual assault crimes, and one in three American Indian women has reported being raped.

The Women's Project sexual Assault Program helps educate Band members in all three districts about sexual assault. With funding from the tribal government, the program provides several services to help survivors of sexual violence, including:

- 24-hour crisis line
- Crisis intervention services
- Support groups
- Family services
- Transportation to support sessions, medical procedures, and law enforcement offices

If you have been sexually assaulted or if you think someone you know has been sexually assaulted, please call any of the following emergency numbers.

- 24-hour crisis line: 866/867-4006
- Five-county mental health crisis line: 800/523-3333
- Native Youth Hotline: 877/209-1266

Additional resources are available online at www.millelacsojibwe.org

Meet District III Administrator Shelly Peer

Toya Stewart Downey

Shelly Peer

By Toya Stewart Downey

It's not uncommon to find Shelly Peer cooking lunch for visitors, transporting Elders to their destinations, or inside the gym playing with preschoolers.

As the program administrator for District III, she's quick to offer a friendly smile along with her assistance to anyone who needs it.

On a recent morning, Shelly, a Band member, spent time calling Elders in the District III area to make sure they had everything they needed to leave that day for the Elders' trip.

Other days she'll help Band members fax their paperwork, revise their resumes, assist them with their unemployment, or find something on the computer.

"I like getting to know the community members, the Elders, and the kids," she said, noting that the schools pick up and drop off at the Lake Lena Community Center, so she gets to interact with them daily.

Shelly, 45, has been in her role for two years and says part of her job is to help District Representative Harry Davis ensure that Band members are getting the services that they're seeking.

"I enjoy working closely with Harry and making sure that the community center is functioning as it should on a daily basis."

Still, for as much as she enjoys her job, there are challenges that come along with it.

For example, the Internet service is spotty, so sometimes it's difficult to help Band members with their requests, because they can't access the Internet. Other times the people that Band members need to see aren't in the building, and they want Shelly to find a way to help them.

"I want to make sure that when people walk in, they can get the services they need."

It's that same school of thought that Shelly has had throughout her career, both with the Band and when she worked for the St. Croix Tribe.

Shelly worked for the St. Croix Tribe for nine years as a licensing agent, administrative assistant to the general manager, travel coordinator, and in the interstate department. She was also the executive assistant to the Tribal Chairman.

As an employee of the Mille Lacs Band, Shelly has held a few different roles. She has worked at Grand Casino Hinckley as a guest services supervisor and then as an executive assistant to the general manager before landing her job as the program administrator. She also had a short stint as an office manager in the tribal police department.

"I enjoyed working for the St. Croix Tribe tremendously, but working for my tribe makes me feel like I am at home," she said. "I love this job, and I'm grateful for the opportunity to work with the community."

"The best part is doing things for the Elders and getting to know the community."

Shelly is hoping to have even more opportunities to interact with the community by offering different programs, such as a community barbecue cook-off or canning classes.

"Those plans are still under consideration," she said. "I would like to see more physical activities offered here and see more people get involved. I want to find ways to get the community together."

Shelly grew up in Danbury and Webster, Wisconsin, attending Danbury Elementary until her family moved to Webster. She remained there until she completed her education at Webster High School.

Shelly is married to Dave Peer and the couple has four children and two grandchildren.

Sharing My Prayers

Following is an excerpt from an article written for News From Indian Country *by Mille Lacs Band member Dr. Arne Vainio.*

Note: I asked Wesley and Jay if it was ok for me to write about this. They not only told me it was, but that it's important for me do this as many of our people are getting further away from our traditions…

Twenty-two stones glowing in the darkness of the sweat lodge. There were 11 of us tonight, all glistening with sweat. The first round was Wesley singing Lakota songs and telling the newcomers what to expect. This second round was for our prayers. This was during a warm spell in February, and the weather was perfect. We had spent several hours getting the stones red hot in the fire just outside the door of the lodge. The fire was melting the snow in a circular pattern that was spreading farther and farther out from the intense heat.

Jay is a tribal council member and had given me an eagle feather before the ceremonial sweat started. We had sweated together several times before tonight. My youngest brother, Scott, had been in a sweat lodge before, but this was our first time together. Andrew had just turned 18 and was living in a home for boys who were trying to get their lives back together. My 10-year-old son Jacob was sitting beside me. It was so dark that sometimes he would brush against me just to make sure I was still there. This was his second sweat ceremony. Both times he had wanted to come in on his own, and I didn't have to ask him either time.

The prayers started by the door, each person praying for whatever was important to them for as long as it took. Everyone else was respectfully quiet until their turn came. Several prayed silently before letting the next person know they were done. Andrew, Scott and Jacob each did their prayers silently. Then it was my turn. This was too important to me to say silently.

"Miigwech, Nimishoomish (Thank you, grandfather). I've been thinking about choices. There are many things we do not say to each other in the course of our daily lives. We talk about superficial things and not about the important things we can talk about here. For some reason, we wait until we come here to say the things we should be telling each other every day.

Andrew, you are 18 years old and ready to go into the world on your own. You have many choices ahead of you. Not all of them are easy and many are traps put in your way to slow you down or send you down the wrong path. You have chosen to work and to stay in a place to finish high school and to better your chances of success. Ivy and I are very proud of you for the choices you have made so far. Know that trust, respect, and a good reputation take a lifetime to earn, but loss of trust and a bad reputation take only minutes. There will be times when the right decision is not the most attractive one, but deep in your heart you know what is right. We know you will be able to do this.

My youngest brother, Scott, you have been struggling with alcohol for a very long time, and it has caused you to lose your children. But you have been going to meetings and have been making a tremendous effort to stay on the right path. I can see how difficult this is for you at times, and I am very proud of you for staying strong. I struggled with alcohol for years and know this is not easy for you. Alcohol has ravaged our family. I am honored to be sitting next to you in this lodge, and I have waited a very long time for this night. You, too, have choices that will be difficult to make. We will do everything we can to support you and help you. We know you will be able to do this.

Jacob, I am so proud to be your father. You have a good heart and a giving soul. After our first sweat, we drove home with the radio off and talked for well over an hour. We talked about the stars, the universe, your school, and what you want to do when you get older. We talked about music, what we are reminded of when we hear certain songs, how it could be summer below the equator when it's winter here, and how birds can stay together in a flock without hitting each other. But most important, we just talked. I want you to know that you can always talk to me about anything."

Scott and Andrew and I went out to bring in the rest of the stones – 22 more, for a total of 44 stones. It was going to be very hot for the rest of the ceremony. The pit was full of glowing stones, each stood out plainly and they were so hot that when Wesley started putting cedar water on them, they didn't even get dark. The hissing of the steam was fading as Wesley's drum was getting louder. As he started to sing again, Jacob brushed against me, and I realized there was no place on Earth I would rather be.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Public Works: A Public Asset for the Community

By Toya Stewart Downey

Whether it's collecting trash, plowing streets, or overseeing the Band's water and wastewater system, the Public Works team is getting the job done.

Yet, Public Works is often overlooked because the department provides services that people take for granted, because the work is getting done. The department is probably best known to the public for sponsoring the annual community cleanup that is held each spring.

"People don't think of us until things aren't working," said Brian Scheinost, director of Public Works.

Department oversees water supply and trash collection

Brian, who has worked for the Band for 17 years, said even though the department's work can go unnoticed, he knows the work the team does is important and its impact is far-reaching.

For example, Public Works is responsible for providing safe drinking water for Grand Casino Mille Lacs and Band members in Districts I and II.

"In District I, approximately 180,000 gallons of water are used daily," he said.

Besides overseeing the supply of water, the team of 11 employees is responsible for trash collection from about 600 Band members' homes and maintaining the Band's road system, said Tony Pike, roads supervisor.

Staff members stay with the department

The department has longevity to be proud of when it comes to its staff. Band member Francis Colton has worked in the department for 15 years as a solid waste driver, and Band member Roger Garbow been a roads technician for 13 years.

"We've come a long way, and our customer base has gone up significantly," said Tony, who has worked in Public Works for 16 years. He started out doing trash collection in District II.

As new housing is developed and buildings are erected, Public Works will get busier, Brian said.

Maintaining public parks, cemetery, powwow grounds

Another significant role of the department is to help maintain the grounds for the August powwow.

"We do a lot of community service for the powwow beginning in June, from mowing to watering the arena," said Tony. Sometimes we'll come in at 4 a.m. to make sure the lights work and are aligned correctly."

A few years ago, they improved the electrical system that vendors use. "The powwow is a big thing that we donate time and resources to," he said.

They also have a more somber role in the community as the caretakers of the cemetery. They remove trash, mow the lawn, and dig the graves needed in District I.

They're also responsible for collecting trash and maintaining the parks.

Doing your part

Band members can help Public Works maintain the beauty of the community by reporting vandalism on road signs, noting problems with roads such as potholes, and putting trash in cans rather than littering.

Current Public Works projects include the construction of a new solid waste transfer station in District I and oversight of the construction of infrastructure in the Bugg Hill developments.

Public Works also manages funding from the Indian Health Service (IHS) and Bureau of Indian Affairs (BIA) to make water, sewer and road repairs in Band housing developments. For more information about applying for an IHS grant, contact Brian Scheinost directly 320/532-7437.

Plans Advance for Restoring Ogechie Lake's Wild Rice

The Mille Lacs Band and the Minnesota Department of Natural Resources have reached an important agreement that will modify the Buckmore Dam to help restore Ogechie Lake's natural water levels. The change will also create lake conditions that are more conducive to wild rice growth, which has been a problem for Ogechie since the dam's construction in 1952.

Mille Lacs Band DNR and Minnesota DNR officials have worked together for the last few years to study the impacts of the dam. Samples drilled from the bottom of the lake indicated that wild rice was present in the lake for 1,500 years, but stopped occurring around the time that the dam was introduced.

"The dam brought higher water levels to Ogechie Lake, and wild rice does not grow well in those conditions," said Scott Hansen, environmental programs manager. "This project complements the work conducted over the years on Lake Onamia, where wild rice has rebounded significantly. We anticipate similar results after the Buckmore Dam is modified on Ogechie."

Modifying the dam will lower water levels by about three feet on Ogechie Lake without impacting the water levels in other parts of the Rum River system. Mille Lacs, Ogechie, Shakopee, and Onamia lakes are all located along the Rum River, which flows 145 miles from Mille Lacs to the Mississippi River in Anoka.

The studies conducted by Mille Lacs Band DNR also indicated that by modifying the Buckmore Dam and installing a water control structure at the mouth of Mille Lacs Lake, fish would be able to pass more easily through the system. "This will restore the natural movement of fish through the entire system," Scott said. "Fish and wild rice will definitely benefit from the changes being planned."

Scott added that wild rice stands also provide food and habitat for migrating waterfowl, shoreline birds, beaver, muskrats, snails, and other aquatic life.

Next steps

State DNR Commissioner Mark Holsten signed the Ogechie Lake agreement on February 18 and Mille Lacs Band Commissioner of Administration John Dunkley signed it on April 1, following approval by the Mille Lacs Band Assembly.

The next step is to conduct a joint federal/state environmental assessment over the next few months, which will include a public comment period.

"The wild rice at Ogechie used to be so plentiful that there were places where you couldn't see the water. Now you can't find any," said Elder Leonard Sam, the Band's DNR supervisor for wild rice. "The work we're doing to bring wild rice back to Ogechie gives Band members a lot to look forward to in the future."

Woodlands National Bank Acquires Zimmerman Bank

Woodlands National Bank is acquiring the Zimmerman branch of First National Bank. The acquisition, which will take place during the second quarter of 2010, will not affect employment, and business will continue as usual.

"This is an excellent opportunity for growth in our ideal market," said Ken Villebro, president and chief executive officer of Woodlands National Bank. "We look forward to operating a strong, viable bank and becoming a vital part of the Zimmerman business community."

"We want to thank the Zimmerman community for all of the years of support shown to First National Bank, and offer our congratulations to Woodlands Bank and its staff," said John Houlton, president and chairman of First National Financial Services.

Woodlands National Bank is a part of the Mille Lacs Bancorporation, a holding company owned by the Mille Lacs Band of Ojibwe. Mille Lacs Bancorporation, the first wholly Indian-owned holding company, acquired the First State Bank of Onamia in 1996, converted the bank to a national charter, and renamed it Woodlands National Bank.

The Zimmerman location is one of seven Woodlands National Bank branches. The other branches are located in Cloquet, Hinckley, Minneapolis, Onamia (downtown and Grand Market), and Sturgeon Lake.

Sara McRae Named to National All Star Rodeo Team

Sara McRae, 17-year-old daughter of Jackie McRae (Band member) and Coy McRae, was recently named to the 2009-2010 National High School Rodeo All Star Rodeo Team. Sara earned a position on the team based on leadership qualities, academic eligibility, and athletic achievements. Sara has competed in rodeo since she was eight years old, has won world buckles and scholarships, and most recently placed in breakaway roping in the Minnesota High School Rodeo Association, which won her the opportunity to compete at National Finals Rodeo in Farmington, New Mexico.

Sara will compete in Minnesota High School Rodeo again this year doing breakaway roping, barrel racing, polebending, and team roping. There will be approximately 14 rodeos in Minnesota this spring, ending with the state finals in Hugo in June. This year, the National High School Finals Rodeo will be held in Gillette, Wyoming, at the end of July.

Anyone interested in learning more about horses, riding, caring for horses, or just loving them can contact Jackie McRae at 320-277-3540 for a tour of Willow Ridge Stables.

Grand Market Sidewalk Sale

Grand Market will hold a sidewalk sale from 11 a.m.-6 p.m. on May 14 with a brat-and-pop special. Grand Makwa Cinema will also have a sidewalk poster sale. Posters from the movies shown at Grand Makwa from 2006 though 2009 will be sold for $5 each. This event will be held rain or shine.

Upcoming Events at the Mille Lacs Indian Museum

Beading 101 workshop

Come and learn basic beading styles and techniques at this beading workshop. The two-day event will be held at the museum on April 10 from 12-4 p.m. and April 11 from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional supply fee of $10.

Ojibwe baby moccasin workshop

The Mille Lacs Indian Museum and Trading Post will host a class in which participants will create a pair of Ojibwe-style baby moccasins. The two-day workshop will be held at the museum on May 8 from 12-4 p.m. and May 9 from 10 a.m.-2 p.m.

The workshop, which includes lunch and refreshments, costs $45 for the general public and $40 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional supply fee of $15. Discounted hotel rooms at Grand Casino Mille Lacs are available on Saturday for participants.

Registration must be received by May 5. To make a reservation, call 320/532-3632.

Free Hearing Evaluations at Ne-Ia-Shing Clinic

To schedule an appointment for **Friday, May 14**, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Tropical Ambrosia

Submitted by Christine Kegg, nutrition education assistant

Ingredients

- 1 large pineapple
- 2 kiwis, peeled and sliced
- 1 cup cubed mango or papaya
- 1 cup cubed cantaloupe or honeydew
- 8 oz. lemon or orange yogurt
- 1 cup light whipped topping
- 2 tablespoons light orange marmalade
- Toasted coconut for garnish
- Macadamia nuts or slivered almonds for garnish
- Mint sprigs for garnish

Directions

- Cut pineapple in half; remove fruit, keeping the shells intact
- Cut pineapple into cubes, discarding the core
- Mix pineapple and remaining fruit and spoon into pineapple halves
- Mix yogurt, whipped topping, and marmalade
- Spoon dollops of topping over fruit
- Garnish with toasted coconut, macadamia nuts, and mint

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Tribal Noteboard

Happy April birthday to:

Amy LaDue on April 2, from Lenore, Tyson, Eva and Jon • **Eva Sam** on April 4, from Mom, Evelyn, Tyson, Jon, Evan, Uncle Evan, Susan, Coleen, Maggie, and Grandpa Lenny • **Corey Sam** on April 6, from Tyson, Eva, Jon and Lenore • **Albert**, 18 on April 11, from Lenore, Tyson, Eva, Jonny, Mom, Kyky, and Dakota • **Hayben Lynnae**, from Asia Boyd, Grandma Devy, Papa Jerald, uncles and aunties, Mommy, Daddy, Maria, Jay Jay, Dames, Uncle Shel, and Cat • **Grandma** on April 1, with love from Butch, Brandy, Sarah, Greg, Oz, and Erika • **Erin** on April 10, from the whole family on the rez • **Emmilo Cash** on April 22, from the whole family on the rez • **Luther Sam** on April 23, from the whole family on the rez • **Kasey Sam** on April 24, from the whole family on the rez • **Lynelle Bean** on April 29, from the whole family on the rez • **Cork** on April 30, from the whole family on the rez • **Jean Oswaldson** on April 1, with love from your sister Niss, Tina, Deondre, Dana, Tanya, Dalene, Chaddy, Tommy Lee, Jaxin, Elle Nevaeh, Jim, Jay, and kids • **Chadlin Skinaway**, 17 on April 20, with love from Tanya, Dana, Dave, Sarah, Prince, Trinity, Grandma, Tina, Deondre, Jay, Rains, Matty, Valerie, Lil Niss, Way Way, Jim, Mom, Tommy Lee, Jaxin, Elle Nevaeh, Lance, Gramma Tisha, B-Dub, Owen, Diamond, and Silas • **George Jackson Jr**., with love from Tara, Shaun, George, Troy, Isaiah, Stephen Jackson, Sandi, Erykah, Jesus, and the rest of your family in Minneapolis • **Brooklyn Georgia**, with love from Tara, George, Shaunie, Geo, Troy, Zay, Stephen Jackson, Mom, Dad, your brothers, Gramma, Tam, Missy, B-Rose, Britt, Corey, Nick, Dess, Mike, Alexis, Diamond, Izik, Sincere, P.J., Chey, Wally, Sharon, Rave, and Melodie • **Diamond**, with love from Tara, George, the boys, Gramma, Dad, Tam, Ric, Bear, Romes, Jason, Brook, Lil Bear, Nick, Destiny, Corey, Brandi, and Brit • **Laila Mitchell**, 6 on April 20, from Keith, Cheyaunne Rei, Frances, Mitzi, Antwuan, Marlow, Lil Frances, Destiny, Kelsy, Jaagab, Riley, Elaine, and Mom • **Kateri**, 46 on April 15, from Keith, Cheyaunne Rei, Frances, Mitzi, Antwuan, Marlow, Lil Frances, Destiny, Kelsy, Jaagab, Riley, Elaine, and Ricki • **Aiva Doust**, 3 on April 26, from Mom, Dad, Agnes, Karen, Tracy, Carla, Shelby, Jarvis, Sharon, Wally, Melodie, Val, Mariah, Baby Kevin, Heather, Amber, Abby, Mike, Jake, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Baby Mark, J.T., Lorna, Phillip, Micki, Nadine, Charlotte, Whitney, T.J., MaxDean, Rave, Brad, Bruce, Jayla, Lil Jay, Kate, Peep, Adam Parker, Basil, Randi, Rachel, Brad Eric, Kristy, Braelyn, Peyton, Eric, and Wesley • **Amy and Cari** on April 2, with love from Beth • **Sassi Day**, 10 on April 28, from Mom, Dad, and all of your sisters • **Rodney**, 47 on April 14, from Judy, your daughters, and grandchildren • **Trina**, 13 on April 9, from Mom, Sissy, Brother Bear, Erick, Jason, Deze, Little Man, Don Vito, and friends • **Lindz** on April 20, from Mom, Sissy, Erick, Trina, Jason, Deze, Little Man, and Don Vito • **Raymond Daly** on April 20, from Kathy, Oscar, Zachary, Sergio, Richard, and Kyle • **Jada** on April 24, from Gram AA, Karen, Tracy, Jake, Jamie, Ava, Marky, Shel, Jarvis, Val, Pie, Lil Kev, Sharon, Wally, Rave, Melody, Brad, Nicole, Chris, Jimmy, Cordell, Lil Chris, Rachel, Sherry, Shawntell, and Gabbi • **Keaona** on April 27, from Gram AA, Karen, Tracy, Jake, Jamie, Ava, Marky, Shel, Jarvis, Val, Pie, Lil Kev, Sharon, Wally, Rave, Melody, Brad, Nicole, Chris, Jimmy, Cordell, Lil Chris, Rachel, Sherry, Shawntell, and Gabbi • **Ern Boyd**, on April 13 from Cyrell, Candy, K&R, Grams and Landon • **Miss Kayla** on April 20, with love from Candy, Ernie, Cyrell, Gramma Chris, and Johnny • **Mary K**. on April 8, from Marc and kids, Ernie, Candy, and Cyrell • **Cupcake** on April 13, from Pounder and Otis • **Kelia** on April 20, from Mommy, Daddy, Miss Rala, Cy Guy, Nums, Mavis, Richard, and Gramma Mar • **Joni** on April 14, with love from Day, Elle Nevaeh, Chaddy, Lance, Tanya, Dana, Dave, Tommy Lee, Jaxin, Dad, Jim, Onee, and family in Isle • **Carrie Ann** on April 11, with love from Day, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Lance, Paul Bunny, Buck Jim, and Onee.

Happy April birthday to Mille Lacs Band Elders!

Marge Anderson
Dorothy Aubid
Terry Beaulieu
Donivon Boyd
Russell Boyd
Peggy Bush
Sharon Chavarria
Nancy Foster
Reginald Garbow
Barbara Grey Bull
Duane Haaf
Gwendolyn Hanold
Arleen Hunt
Darryl Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Rayna Mattinas
Ada Merrill
Bahwahsung Merrill
Russell Nayquonabe
Gloria Nickaboine
Sherry Nielson
Donald Oswaldson
Jeannette Oswaldson
Darlene Savage
Gloria Songetay
Gail Tyson
Leonard Wind

Congratulations

Congratulations to **Zachary Moose** for making it to the state tournament in wrestling. Zachary is 11 years old and is in the fifth grade at Isle Elementary School. He wrestles with the Mille Lacs Raiders and took third place at his tournament on March 20. Good luck at your tournament on April 10, *with love from Mom, Howard, Renae, Jerry, Kira, Jeremy and family, Phil and family, and Sherry and family*.

• • •

Congratulations to **Trina Fast Horse** for taking second place at the Anoka Hennepin quiz bowl. She competed against 17 other teams. *Good job from Mom, Sissy, Brother Bear, Little Man, Deze, Erick, and Don Vito*.

• • •

Congratulations to **Albert Gahbow** for receiving his GED. *From Dakota, Miss Lynn, and Mom*.

• • •

Congratulations to **Joanne Weyaus and Daniel Boyd** on getting married. Their wedding was on March 10, 2010. After so long, you finally did it, and we are so happy for you both. *Best of luck from Danni Jo and Elliot*.

In memory

In memory of **Valerie Ann Skinaway**

July 14-1948-April 24, 2003

We thought of you with love today, but that is nothing new. We thought about you yesterday, and the days before that too. We think of you in silence, we often speak your name. Now all we have is memories, and your picture in a frame. Your memory is our keepsake with which we'll never part. The Great Spirit has you in its keeping, we have you in our heart. We love and miss you every day, *from Niss, Jean, Bunny, Ed, Bear, Laurel, Herb Jr., Lisa, Alana, Dana, Dalene, Jaylene, James, Tina, Deondre, Cassidy, Tayah, Taleigha, Audrenina, Delmer, Lance, Jarvis, Kathlyn, Shanna, Andrea, Daniel, David Gomez-Sam, and many others*.

• • •

In memory of **Isabel Daly-Skinaway**

December 13-1936-
April 6, 1996

It is true when you told me that the Elders keep the fabric of the family together. I wish you were still with us, Mom. Although I do feel you in spirit everyday, I still can't believe it's been 14 years since I've seen your beautiful face or felt your warm embrace. You were always there to keep us on our toes and out of conflict. I miss all that you did for us. Your loving memory will live on forever in me and my family's heart. Your grandkids will never forget you, and all your teaching will be passed on to them MumMum. *From Kat*.

Obituary

Richard Thomas O'Brien
Born – 7/29/1972
Died – 3/26/2010
Resided in Stacy, MN

First Responders Recertify Skills

Photo courtesy of Monte Frank

Linda Moses, Renee Bayerle, and Rebecca Swansey from the Band's Public Health Department check the pulse of a simulation mannequin as they practice first responder medical skills in a recertification course.

During February and March, 74 Mille Lacs Band first responders (EMTs and certified employees) practiced their medical skills as part of a recertification course. The first responders use mannequins to practice CPR, defibrillation, triage, splitting, controlling bleeding, using oxygen, taking pulses and blood pressures, and more.

This year the first responders were able to practice on new simulation mannequins that display different signs, symptoms and medical conditions. This gives students hands-on practice that will better prepare them for working with patients in the field.

First responders are required by the Minnesota Emergency Medical Services (EMS) Regulatory Board to take a recertification course every two years. The Indian Health Service's EMS Division collaborates with the Cuyuna Regional Medical Center to provide the course at no cost to the Band.

New Foundation to Provide Opportunities for Youth

Mille Lacs Band Chief Justice Rayna Mattinas has always been interested in working with the Band's youth, so one of the first things Rayna did as Chief Justice was form the Community Leadership Youth Foundation (CLYF).

CLYF is a joint collaboration between the executive, legislative and judicial branches of tribal government that draws on the many talents of community members to educate and inspire the Band's youth.

The foundation recognizes the need to provide alternatives for our youth and their families. Through community leadership opportunities, youth will build confidence, make new friends, practice good sportsmanship, and learn the importance of being responsible. Ultimately, CLYF hopes to foster positive Ojibwe values among the Band's youth.

Additionally, the foundation plans to support and conduct nonpartisan research on the educational needs of American Indian youth and hopes to partner with other educational institutions.

The Band's Chief Executive, Speaker of the Assembly, and Chief Justice will be members of the foundation as a part of their positions. They will appoint a board of directors, which will be the decision-making body of the foundation.

"As leaders in the community, we believe we have an obligation to provide opportunities for our youth and build a community that will support them," said Rayna.

Fundraisers

CLYF kicked off with an "Oji-Cree" Round Dance fundraiser on March 5-6 at the District I Community Center. Members of the Cree First Nation of Canada joined the Band for the event.

Approximately 300 participants and spectators attended the event, which raised more than $1,500 for CLYF through raffle tickets and cash donations.

For more information about CLYF or to get involved in future activities or fundraisers, contact Chief Justice Rayna Mattinas at 320/279-0063.

Disconnecting Electrical Services

Submitted by Tribal Court

The Public Utilities Act for Cold Weather Disconnects ends on April 15. Under this law, cooperative and municipal utilities cannot disconnect a residential consumer between October 15 and April 15 if the disconnection affects the primary heating source.

Mille Lacs Energy customers who do not pay their bill on the 28th of the prior month and have a balance of $200 or more are sent Mille Lacs Tribal Court Summons and Complaint papers. These are mailed out around the first of each month and at least 10 days prior to the court date that has been set by the court and Mille Lacs Energy.

Customers who receive the Summons and Complaint may pay the bill prior to the court date listed on the court documents or call Mille Lacs Energy to make payment arrangements. On the day of the court hearing, customers may come to Mille Lacs Tribal Court to pay their bill or make arrangements to pay the bill. This would avoid the need for a hearing and a possible judgment by the Court. It would also prevent disconnection of electrical service.

Please note that after a customer makes payment arrangements, a letter is sent to the customer. It will state in the letter that "failure to follow the arrangement will result in immediate disconnection of service."

There is a $75 fee for electrical cases. Mille Lacs Energy charges a $50 fee and Mille Lacs Tribal Court charges a $25 court filing fee. These fees can be avoided if the bill is paid or proper arrangements are made.

Failure to respond to the Complaint and Summons will result in a default judgment against the customer. The default judgment gives Mille Lacs Energy the right to disconnect the service on the disconnect date or as stated on the court papers. A default judgment also sets the amount owed to Mille Lacs Energy.

In short, if a customer receives court papers and cannot remit payment before the court date, it is important to call the Mille Lacs Energy billing department at 800/450-2191 to make arrangements.

Ojibwemowin "The Ojibwe Language"

Below are some common Ojibwe words and phrases using the phonetic form of the words.

- Wesini – Eating
- Nibah – Sleeping
- Jebahkway – Cooking
- Minikway – Drinking
- Agindahso – Reading
- Namadabi – Sitting
- Nemi – Dancing
- Bimosay – Walking
- Anwaybi – Resting
- Nagamo – Singing
- Bahpi – Laughing
- Zhomeengwayni – Smiling
- Anukey – Working
- Monominikay – Ricing
- Gewisay – Hunting
- Mawi – Crying
- Bimibatoo – Running
- Bimisay – Flying
- Asaymahkay – Puts tobacco out (offering)
- Bijenahgo – Yesterday
- Dibi Koong – Last night
- Noongoom – Today
- Onah go shig – This evening
- Dibi kuk – Tonight
- Gigishayb – Tomorrow morning
- Wahbung – Tomorrow
- Nah Guj – Later
- Ingo Ding – Sometime
- In'Ga Wah Ba Men – I'll see you later
- May Wi Zha – A long time ago

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Calendar of Events

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 **Beading 101 Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	12 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925	13	14	15	16 **Glen Campbell*** GCML 8 p.m. both nights	17
18	19	20 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	21 **District III Community Meeting** GCH 5:30 p.m. Contact: Monica Benjamin, 320/384-6240	22 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311	23 **All Offices Closed for Art Gahbow Day**	24 **Tanya Tucker*** GCH 7 p.m.
25	26 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	27	28 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	29 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	30	

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**					1
2	3	4	5	6 **Talking Circles** The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	7	8 **Ojibwe Baby Moccasin Workshop** Mille Lacs Indian Museum 12-4 p.m.
9 **Ojibwe Baby Moccasin Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	10	11	12	13	14 **Chippendales*** GCH 8 p.m. both nights	15

What is Your Favorite Story or Book to Share With Your Children, Grandchildren or Young Relative?

Gene Davis

"The Turtle and the Rabbit. *My kids loved it"*

Bernadine Garbow

"Humpty Dumpty. *All those old-time books, the classics."*

Brenda Day

"I like to read The Cat in the Hat *and storybooks like that."*

Monica Benjamin

"Clifford and the Big Red Dog *or Dr. Seuss books, like* Go, Dog, Go."

Nigel Ladd

"My favorite has always been the life story of my grandfather, Albert Churchill, and the way he grew up. I tell my kids that story."

Carmen Behnkie

"Goodnight, Moon *or* Brown Bear, Brown Bear, What Do You See? *My two-year-old niece can do that book in sign language."*

James Eubanks

"Where the Wild Things Are. *It was always my favorite book."*

Ricki Boswell

"The story about the Indian guy, the box, and the rabbit. Or I tell the Shrek story."

Photos by Toya Stewart Downey

Band Members Take a Plunge for Charity

Photo courtesy of Bugs Haskin

Before jumping into the lake, Bugs Haskin participated in the Polar Bear Plunge costume contest, where she dressed as a peacock. Bugs said she was "proud as a peacock to participate" after she won the Polar Bear Plunge costume contest.

Photo courtesy of Bugs Haskin

Ten-year-old Marquis Fisher jumps into Big Pelican Lake to raise money for the Minnesota Special Olympics.

Approximately 300 Band members jumped into the icy waters of Big Pelican Lake to raise $54,000 for the Minnesota Special Olympics. The Polar Bear Plunge, which took place at Breezy Point Resort on March 6, was sponsored by the tribal police department.

The money raised will benefit the 430 athletes from Area 5 (Aitkin, Cass, Crow Wing, Morrison, Todd, and Wadena counties) who will compete in the Special Olympics on April 10-11.

Band members of all ages participated in the plunge, including 10-year-old Marquis Fisher and his grandmother.

Dwight Reed, tribal police chief, and Sid Lucas, director of public safety, also jumped into the lake after Dennis Olson, commissioner of education, decided to sponsor them.

Bugs Haskin, activities director at Nay Ah Shing, took the plunge despite being afraid of water and not knowing how to swim. When asked why she would participate, she responded, "Kids and cops. They are my passion."

Grand National Golf Course Is Hiring

The Grand National Golf Course opened at the beginning of April and is interested in hiring people for several full- and part-time positions for the season, which runs from April to October.

Applications are available at the Grand Casino Hinckley Human Resources Office, which is open Monday-Friday from 8 a.m.-5 p.m. After dropping of your application, you will have the option to interview for the position at the same time or another time that is convenient for you.

For the most updated job openings, call the job hotline at 800/472-6321, ext. 4977. If you have any questions, contact Vicki Kroschel, director of human resources, at 800/472-6321, ext. 4930 or Wanetta Thompson, vice president of human resources, at 800/472-6321, ext. 4909.

Attention Mille Lacs Band Job Seekers

Grand Casino Mille Lacs and Grand Casino Hinckley have massage therapist and other jobs available for Band members.

Now is the time to send in a new application or update your existing application. Having an updated application or resume will improve your chances of securing a job with Grand Casinos and it is necessary.

Both Grand Casino Mille Lacs and Grand Casino Hinckley offer competitive compensation, a fun work environment, and great benefits, including flexible scheduling, comprehensive health and dental coverage, and a 401(k) matching plan of up to 5%. Other benefits include:

- Short-term and long-term disability
- Education programs
- Wellness programs
- Employee assistance programs
- Life insurance
- Prepaid legal services
- Paid time off
- Holiday pay

For more information about open positions or to update your application, please contact Deb Matthews at 800/626-5825, ext. 8325 at Grand Casino Mille Lacs or Viola Olson at 800/472-6321, ext. 4829 at Grand Casino Hinckley.

Job openings available online

Available jobs can be found at www.grandcasinosmn.com.

Reminder: The Mille Lacs Band tribal government posts available positions on its Web site at www.millelacsojibwe.org.

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The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

May 2010 *"The story as it's told."* Volume 12 • Number 5

Students Honor Child Abuse Prevention Month

Photo courtesy of Marge Weber

Brandon Wade, Marquis Fisher, Wyatt Oswaldson, Mason Sam, and Thomas White hold signs they made in honor of Child Abuse Prevention Month.

Photo courtesy of Marge Weber

Mille Lacs Early Education and Nay Ah Shing students wore blue as they walked through the community in honor of Child Abuse Prevention Month.

By Marge Weber, Nay Ah Shing School Social Worker

Nay Ah Shing Abinoojiyag School and Mille Lacs Early Education walked through the community on Friday, April 16, in honor of Child Abuse Prevention Month (April).

The students and staff wore blue shirts and ribbons and held posters proclaiming that "Hands are Not for Hurting." The Mille Lacs tribal police assisted with the walk and gave away pencils donated by the Mille Lacs County Family Information Network (FIN).

During April, students learned about child abuse and what they can do if they find themselves in unsafe situations. They also made posters that are displayed in the community and decorated grocery bags in art class that will be used by Grand Market.

FIN also sponsored a Blue Ribbon Hunt during April. Families that completed the scavenger hunt that was set up around the community were invited to an ice cream social at Nay Ah Shing.

More information about the signs of child abuse is available on the Band's Web site, www.millelacsojibwe.org.

Warm Weather Contributes To Successful Netting Season

As of April 10, Band members netted 26,259.7 pounds of walleye on Mille Lacs Lake, almost reaching the Band's allotment of 27,000 pounds. All tribes allowed to net on Lake Mille Lacs can take a combined total of 132,500 pounds of fish.

Leonard Sam, a supervisor with the Band's Department of Natural Resources, attributes the above-average catch to the early ice out and spring temperatures.

"This is the nicest March I can remember," said Leonard. "This spring, more Band members were netting because they didn't have to fight against the wind and ice or worry about tangling their nets."

Graduations and Celebrations

The school year is once again coming to a close, which means graduation ceremonies are just around the corner. Following is a listing of upcoming events:

- Tuesday, June 1 – Nay Ah Shing Upper School graduation
- Friday, May 28 – Fourth-grade graduation at Nay Ah Shing Abinoojiyag
- Thursday, May 27 – District I Early Education graduation
- Friday, May 28 – District II Early Education graduation
- Wednesday, May 26 – District III Early Education graduation
- Thursday, June 10 – Minisinaakwaang Leadership Academy graduation

If you are graduating this year, please contact the scholarship office to make sure you are on the graduation list. For event locations or other information, please call the Nay Ah Shing Schools at 320/532-4695, the Mille Lacs Band Scholarship Office at 866/916-5282, or the Minisinaakwaang Leadership Academy at 218/768-3477.

MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359

www.millelacsojibwe.org

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Nay Ah Shing Brings Home AIBL Hardware Again

Photo courtesy of Bugs Haskin

In the beginning of April, Nay Ah Shing students competed at the American Indian Business Leaders business plan competition. The middle school students placed first in their division, and the high school students placed third.

By Bugs Haskin, Nay Ah Shing School Activities Director

Two American Indian Business Leaders (AIBL) chapters from Nay Ah Shing School competed in the business plan competition at Black Bear Resort and Casino on April 8.

The middle school students won the division with Native Creations, a business in which the students make and sell beaded products and dream catchers. The high school students placed third in their division with Cultural Connections, a business that offers maiingan wear and other clothing with Native designs.

Native schools from Montana, Alaska, Colorado, Oklahoma, and Minnesota competed at the middle school, high school, and college levels.

While at the conference, the students also attended presentations by Chance Rush, Maurice Smith (a 1988 Olympian), Andy Wells, Jeri Lynn Brunoe, and Louie (Bugs) Gong. They learned about leadership, finance and networking, and they created products at a "gadgets galore" workshop, which was their favorite.

A special highlight of the conference was when Bryan Jon Maciewski played guitar and harmonica and sang the blues.

Nineteen Nay Ah Shing students attended the conference. Middle school students included Justin Leecy, Aaron Nayquonabe, Eddie Nadeau, Tehya Wade, Sage Boyd Davidson, Harmonie Boyd, Brenda Mitchell, Alex Elmburg, Savannah Boyd, Shyla Lussier, and Toni Weous. Upper school students included Brandon Anthony, Dallas Anderson, Charisse Cash, Alyssa Irving, Kayla Cash, Isabel Sanchez, Marquita Armendariz, and Lacey Garbow.

AIBL advisors Rene Athman (high school chapter) and Ruth Garbow (middle school chapter) were assisted by Mary Simon (Nay Ah Shing principal) and me. Other adults that accompanied the group to the competition included Laurie Campbell (bus driver), Michael Erickson, and Mille Lacs Tribal Police Chief Dwight Reed (chaperones).

YES Camps (Youth Entrepreneur Summer Camps) are being set up so that students can brainstorm and work on business plans for next year's competition. Information regarding these camps will be available at the end of the school year.

Correction

In last month's article about the Polar Bear Plunge, we mistakenly printed that Dwight Reed, Sid Lucas, and Dennis Olson participated in the fundraiser. Instead, they sponsored Bugs Haskin to jump in the lake. Additionally, the 300 people who jumped in the lake were both Band and non-Band members. We apologize for the mistake.

Carpentry Program to be Offered in Onamia

Photo courtesy of KC Paulson

Band members worked on a carpentry project during a pre-apprenticeship program offered by the Anishinabe Occupational Industrialization Center (AOIC) last August. A more intensive, 20-week carpenter apprenticeship program will be offered by AOIC this summer.

A new carpentry training program sponsored by the Anishinabe Occupational Industrialization Center (AOIC) will open its doors in Onamia this summer. The program, which will be held at the Crosier Center, will provide a well-rounded education in carpentry-related skills to people interested in a career in that industry.

During the first half of the program, participants will learn how to read blue prints, how to handle sophisticated tools, and other important skills for carpenters. This classroom-oriented session will also teach participants a broader range of skills so that they are prepared to work in carpentry retail or sales positions. According to program leaders, this multi-faceted education will make it easier to find a job in this economy.

During the last 10 weeks of the program, participants will gain hands-on work experience constructing gazebos and other community buildings around Onamia. The carpentry program also provides job search assistance services at the end of five months.

The program is funded by grants from the United States Department of Labor and the Minnesota Department of Employment and Economic Development (DEED). The grants also fund other OIC carpentry programs in the Twin Cities. Additionally, the Corporate Commission will provide carpentry tools for the program.

If you are interested in applying for the carpentry program, contact Tim Sam or KC Paulson at 320/532-4046.

Foster Parents Can Change Lives

By Valerie Eli, Foster Care Coordinator

Each May, the Mille Lacs Band Family Services salutes the compassionate people who make a difference by serving as foster parents or relative caregivers during National Foster Care Month.

The need for foster care and adoptive families never ceases. If children can no longer stay with their biological family, Family Services will work hard to place them with relatives, members of the community, or in a Native home.

Family Services is urgently seeking more families to help youth overcome the challenges in their childhoods and realize their full potential.

Youth of all ages who are in foster care benefit from a meaningful connection to a caring adult who becomes a supportive and lasting presence in their lives. This nurturing connection is especially helpful when their own families are in crisis and unable to care for them.

If you are interesting in changing a young person's life by becoming a foster parent, please contact Valerie Eli at 320/532-7820 or 800/709-6445, ext. 7820, or Ashley Burr, adoption worker at 320/532-7763.

2010 Election Guidelines

A general election for Secretary/Treasurer, District II Representative, and District III Representative will be held June 8, 2010.

To vote in the general election, the following conditions must be met:

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of June 8, 2010.
- Reside in a district of the Mille Lacs Reservation thirty (30) days prior to June 8, 2010.

If you do not meet the 30-day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, then you must vote by absentee ballot.

To request an absentee ballot by mail:

Submit by mail or fax an Absentee Ballot Request Form to the General Election Judge. All information requested must be filled out in order for the Election Board to process your request in a timely manner. Absentee Ballot Request Forms are in this issue of the *Inaajimowin*, at the front desk of each district community center, at the urban office, and online at www.millelacsojibwe.org. Completed request forms can be faxed to Deb Northrup, General Election Judge, at 320/532-7842.

Absentee ballots must be received by the General Election Board by 8 p.m. on June 8, 2010, by mail or hand delivery. A hand-delivered ballot will only be accepted by the Election Board from the person to whom the ballot was issued.

To vote by absentee ballot in person:

Voting in person by absentee ballot prior to the general election will be at the General Election Office located at the tribal government center. Office hours from May 7-June 8 are 8 a.m.-5 p.m.

General Election Board address:

Mille Lacs Band of Ojibwe
General Election Board
Attn: Election Judge
43408 Oodena Drive
Onamia, Minnesota 56359

Any election questions can be directed to Deb Northrup at 320/532-7792 from 8 a.m.-5 p.m. Monday-Friday.

Polling Places

Polling places are open from 8 a.m.-8 p.m.

- District I Community Center
- East Lake Community Center
- Isle Chiminising Community Center
- Lake Lena Community Center
- All Nations Indian Church – 1515 E. 23rd Street, Minneapolis

2010 General Election Candidates

Secretary/Treasurer

Curt Kalk

Herb Weyaus – incumbent

District II Representative

David Niib Aubid

Marvin Bruneau – incumbent

District III Representative

Harry Davis – incumbent

Diane Gibbs

2010 Election Calendar

- May 7: Notice of regular election; TEC provides ballots
- **June 8: General election**
- June 9: General Reservation Election Board certifies results of election
- June 10: General Reservation Election Board publishes election results
- June 11: Deadline for request for recount
- June 15 (5:00 p.m.): Deadline for notice of contest
- June 16 (or 15th or 14th, if request for recount is filed before deadline): Decision on request for recount and results of recount, if allowed
- June 25 (or 10 days from notice of contest, whichever is sooner): Deadline for decision on contest
- June 28: Deadline for appeal to Court of Election Appeals
- July 1: Record of contest forwarded to Court of Election Appeals
- July 6: Last day for hearing on appeal (hearing within 7 days of notice of appeal)
- July 13: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals
- 10 days from hearing on appeal: Deadline for decision of the Court of Election Appeals
- Day following decision of appeal: Winning candidate prevailing on appeal takes office

Absentee Ballot Request Form

Mille Lacs Band of Ojibwe • General Election • June 8, 2010

I am requesting an absentee ballot for the June 8, 2010, general election.

My full name, which I am enrolled under, is:

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

District which I will vote from:

☐ District I-Nay Ah Shing ☐ District II-East Lake/Isle ☐ District III-Lake Lena

Signed: _____

For Office Use Only

In person: _____
Date voted: _____
By mail: _____
Request received: _____
Phone: _____
Letter: _____
Fax: _____
Request form sent: _____
Request form received: _____
Ballot sent: _____
Ballot received: _____

Please mail or fax request form to:
Debra Northrup, Election Judge
Mille Lacs Band of Ojibwe General Election Board
P.O. Box 705
Onamia, MN 56359

Fax: 320/532-7842

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Communications Survey Draws Strong Response

Suggested changes are already underway

The Band received a good response from the communications survey it sent out in February. A total of 456 Band members of all ages and from all districts responded, which is a response rate of 17%.

The survey yielded several significant findings. It showed that Band members rely most heavily on the *Ojibwe Inaajimowin* (81%) and letters from the tribal government (96%) for information about the Band.

An increasing number of Band members (65%) have access to the Internet in their homes. Many Band members use social media Web sites, like Facebook and Twitter, though most do not want the Band to communicate with them via these sites.

An overwhelming number of Band members (81%) would like the option to receive the *Inaajimowin* and letters from the tribal government via e-mail. The Band is in the process of developing the tools to do this. This option will reduce paper waste and allow Band members to receive the communication the day it is produced rather than waiting for the mail.

Additionally, Band members had many good suggestions for improving the *Inaajimowin* and the Band's Web site. The following are some of the changes the Band is making to the newspaper and the Web site because of the survey.

Ojibwe Inaajimowin

Many Band members thought the mid-month publication of the newspaper was confusing (and the Band agreed). The Band started the process of switching the publication date in April, and now the paper is published on the first of the month. Information will be due on the 15th of the previous month.

Band members also expressed interest in having more information and articles in the paper. The *Inaajimowin* will add four pages to include more information when warranted. The Band expects that this expansion will happen three to four times a year.

Band members would like to see more space in the *Inaajimowin* dedicated to Ojibwe cultural information. Last month, we started a section of common Ojibwe words and their meanings. The *Inaajimowin* also plans to include the fish and deer harvest numbers during netting and hunting seasons.

Band members asked to see more articles about people and events from outlying districts. Last month, the *Inaajimowin* published an article about Jacob Vainio, an 11-year-old Band member from Duluth who donated his allowance to relief efforts in Haiti. This month, the *Inaajimowin* is featuring a story about Patty O'Brien, a Band member from District III who plans to open a food stand this fall that will sell juice, goat milk, cheese, and fresh eggs.

If you know of any interesting Band members or stories that could be featured in the paper, contact Kelly Sam at 651/292-8062.

Web site

www.millelacsojibwe.org

Even though two-thirds of Band members have access to the Internet in their homes, only 10% of Band members currently use the Mille Lacs Band's Web site daily or weekly.

Originally, the Band's Web site was used as an online brochure for non-Band members who wanted to know more about the Band. In the last few years, the Band has made major changes to the Web site so that it is geared more towards meeting the needs of Band members. Today, the Web site is updated on a daily basis.

Inaajimowin articles will reference the Web site when appropriate to remind Band members about what information is available online.

Band members suggested that Band departments make important documents available for download on the Web site. The Band is working with departments to put the most requested documents online, including the Discretionary Loan Application, Burial Insurance Form, Circle of Health forms, and others.

Additionally, Band members expressed interest in having a classified ad section on the Web site. The Band is in the process of exploring this option.

Thank you for responding to the survey. Your suggestions are helping us better communicate important information with you.

Tadd Johnson to Chair American Indian Studies Department at University of Minnesota Duluth

Tadd Johnson

Tadd Johnson, whose service to the Mille Lacs Band extends back to 1987, has joined the faculty of the University of Minnesota Duluth. As chairman of the American Indian Studies Department, Tadd will put his 25-year career in American Indian law and public policy to work in his hometown.

The university first approached Tadd in late 2009 to help it launch a new master's degree program in tribal government administration – only the second program of its kind in the country and the first in Minnesota. Beginning his new position in May, Tadd will coordinate the development of program curriculum in the coming months in addition to his other duties as department chair. The department also offers courses in American Indian law, literature, languages, and culture.

Tadd's new job is just a short walk from his family's Duluth home, in contrast to the three-hour commute to and from his Hinckley office while working for the Band. This will give him more time to spend with his wife, two daughters, and mother.

Yet Tadd points out that he will miss the people and his job with the Band. "I'm very fortunate to have worked for the Band for so many years on really important issues," he said. "I wore many hats for the Band, but the common thread was that I was always working to make sure that the promises made to the Band were kept, whether the promise was made last year or 150 years ago."

A Bois Forte Band member, Tadd originally came to the Mille Lacs Reservation after law school as a VISTA volunteer; VISTA is the Volunteers in Service to America program. "Grants helped me pay for law school. I felt compelled to give back to Indian Country, so VISTA assigned me to the Mille Lacs Reservation," he said.

That was 1987. In 1988, the Band hired him as solicitor general – its first solicitor general who was an attorney. At the same time, Tadd taught federal Indian law and American Indian history for the Brainerd Community College, an experience that has kept him interested in academics ever since.

In 1990, Tadd was recruited to work on Indian affairs issues in the United States House of Representatives. Over the next five years, he helped develop several important laws related to tribal self-governance, Indian religious freedom, tribal justice systems, and Indian health care.

After a few years of practicing law back in Minnesota, Tadd returned to Washington, D.C., in 1997, appointed by President Clinton to chair the National Indian Gaming Commission, which regulates Indian gaming. While he was chairman, Johnson doubled the commission's budget, initiated the use of tribal advisory panels when the commission developed regulations, and increased enforcement.

Tadd returned to his career on the Mille Lacs Reservation in 2000. His first role was corporate attorney for the Corporate Commission, and he has been interim solicitor general twice since then.

But government affairs is where he has spent most of his time over the past decade. He has helped the Band protect its sovereignty, boundaries, and rights at the federal, state and local levels of government. His legal and policy expertise have made him a sought-after speaker, radio and TV guest, and advisor to Band leaders.

"One of the great honors of my life has been the opportunity to serve the people of the Non-Removable Mille Lacs Band of Ojibwe," Tadd said.

"Tadd is someone I can always count on for fair, straightforward advice," said Chief Executive Marge Anderson. "I hope that his dedication to the Band and Indian Country will inspire the next generation of tribal leaders who he meets at the university."

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Life-threatening Peanut Allergy Prompts Changes in District II

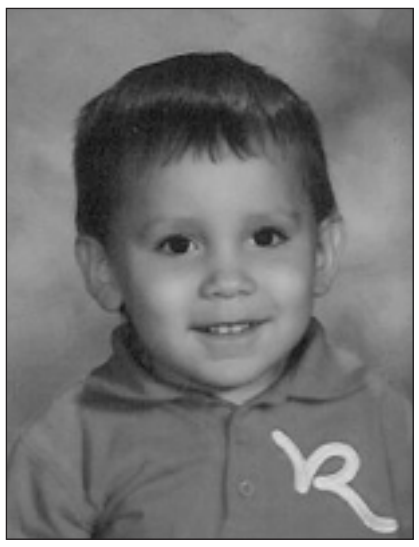

Photo courtesy of Jen Aubid

Two-year-old Agaasaa Berger

By Toya Stewart Downey

The first day of school is usually a mixture of fear, angst, and excitement for many parents and their children. But for Jen Aubid and Frank Berger, April 5 was a terrifying day.

For the first time ever, their son, Agaasaa Berger, would be at school and away from their watchful eyes.

Two-year-old Agaasaa (whose name means small) has life-threatening allergies to peanuts. That means if his little body comes into contact with any trace of nuts, he is at great risk.

"When he was one, I made him peanut butter on toast," Jen recalled. "He immediately started clutching at his throat and broke out in hives."

"We immediately put him in an oatmeal bath and gave him Benedryl and it saved his life," said his mom, adding that he's also allergic to eggs, but it's not as severe as the nut allergy.

Experts say that peanut allergy is common and often appears in the first years of life. And though many children could outgrow allergies to other foods such as milk or eggs, most don't outgrow peanut allergy.

Peanut allergy occurs when a person's immune system develops allergy-type antibodies to peanut proteins. Their immune system mistakenly identifies the proteins as harmful. When a person comes into contact with peanuts, the antibodies recognize it and signal the immune system to release chemicals such as histamine into the bloodstream. That leads to the signs and symptoms of an allergic response.

Experts don't know why some people become allergic to peanuts and others don't. "I was scared when he was diagnosed with the allergies. We threw away everything with eggs and nuts because we weren't going to take any chances," Jen said.

And since then the family has changed their lifestyle and eating habits, Frank said. They eat fresh fruits and vegetables because, "if it's fresh, you don't have to read the label."

Often, products change ingredients, so even if a food item has been allergen-free previously, it could change without notice. That means that every label must be read with every purchase.

Frank and Jen said it takes hours to shop, but they and their four children are eating healthier meals because of Agaasaa's allergies. "We all eat like him. We don't eat processed foods anymore," Jen said. "I was very sad at first, but my mom told me that Agaasaa can't miss what he's never had."

While that's true, the family has to be extremely careful of cross-contamination because it can cause a reaction, too. Agaasaa was diagnosed as a level four, level six is the worst when it comes to his allergy.

That means if anyone else in his family or people around him have any trace of peanuts on their body it can be detrimental to his well-being.

That's why the Band's department of Public Health and the school, community center, and others in District II have been taking great precautions to ensure Agaasaa's safety.

"We went over our menu with a fine-tooth comb, and there's nothing there that has peanuts," said Tabitha Boyd, the program coordinator for the District II early education program. "We had tons of meetings and discussed ways to make our school safe. We had trainings and discussions and we cleaned and sanitized the building."

Initially, people were apprehensive about not adhering to the "no nut" rule but it was more about getting the knowledge and information about the allergy. They didn't want to make mistakes, Tabitha added.

The school has been working with parents, bus drivers, and bus monitors to ensure that kids aren't eating snacks that might have peanuts in them. "We have complete confidence in Tabitha and her staff," Jen said.

Still, Jen and Frank worry about their son because they know that people have to remember not to consume food with nuts anytime they are around Agaasaa. They know that is a heavy burden for the community to bear.

That's why it's important for the community to know that peanut allergies can be severe and life-threatening, said Lisa Blahosky, the Band's director of public health. "We want the community to know that we want to make the community center peanut safe," said Lisa. "We are asking that they not bring peanuts, peanut oils, or other foods containing peanuts into the community center kitchen."

"But most importantly, we are asking parents of school children to not send their children to school with peanuts or foods containing peanuts, especially those parents with children enrolled in early education."

The District II school representatives and others have been trained to use the epinephrine pen which can be used in emergencies. Still, the best case scenario is to remain peanut-free.

Symptoms of allergies can range from skin rash, runny or itchy nose, and stomach ache (which are not life-threatening and can be remedied using over-the-counter Benadryl) to Anaphylaxis (which is life-threatening.) In those cases, an epinephrine shot should be administered, oral Benadryl given if able, and 911 called, Lisa said.

If the person isn't treated immediately, they will likely display signs of difficulty breathing or swallowing, dizziness, low blood pressure, swelling of the lips, tongue or throat, and loss of consciousness, Lisa said.

"Everybody is on board and they're willing to listen and help," Jen said. "It's been a great collaboration from here to Mille Lacs."

Central Lakes College to Host College Transition Program

Central Lakes College will accept up to 30 high school graduates to this summer's college transition program on the Brainerd campus.

Students in the transition program will earn college credit while developing the skills and abilities necessary to be prepared for college-level coursework. The program will also enhance students' independent living skills and help ease their transition to college life.

During the two-month program, students live with families in Brainerd and attend classes and activities Monday through Friday. These activities include peer counseling and mentoring sessions, college entrance preparation, assistance with financial aid applications, career exploration, academic tutoring and counseling, meetings with college faculty, courses on studying, time management, living and community involvement during college.

To be eligible for the program, students must be 18 years old, 2010 high school graduates, have grade point averages of 2.5 or less, be low-income, first-generation college students, and citizens or residents of the United States. Ethnic and gender diversity is encouraged.

Qualifying students can receive free tuition, fees, books, housing, and basic living expenses with a grant from the Minnesota Office of Higher Education.

To apply to the college transition program, contact Steve Jennissen at 218/894-5177 or sjennissen@clcmn.edu or Sarah Rach-Sovich at 218/855-8013 or srachsovich@clcmn.edu. Applications, which are accepted on a first-come, first-served basis, are due May 7.

Living Healthy and Harmoniously is Band Member Patty O'Brien's Goal

Toya Stewart Downey

Patty O'Brien

By Toya Stewart Downey

Although sad circumstances brought Patty O'Brien back to Minnesota, the 51-year-old Band member says coming home has been one of the best things she's done in her life.

After living on the West Coast for 21 years, Patty returned home about seven years ago to care for her ailing mother, Beatrice Nelson, who had dementia. Her mother, who required constant care, passed in 2006.

"By coming home, I felt more close to traditions," she said. "And I realized the real connection we have to the world is through our family and the earth."

In some ways, Patty has come full circle.

She left the state when she was 21. Her mission was to find a way to help cure cancer. So Patty and her friend Al headed to California to "find the answer to cancer," she said.

Through her lifetime of experiences, Patty is convinced that good health goes hand-in-hand with what a person eats. "It's all about eating living foods," said Patty, who says "no" to canned foods.

"We discovered juices, and in 1986 we bought K&K Juicer Company," she said. "We used to make juice and deliver it to health food stores."

To make the juice, Patty and Al would grind fruit or vegetables by wrapping it in a special cloth, putting it in a press and squeezing it. The method, called trituration, keeps one-third more of the vitamins and minerals in the juice and it keeps it from oxidizing.

Besides selling juices and juicing machines, Patty worked at Harbin Hot Springs Resort for 10 years doing a variety of jobs ranging from working in the construction department to working as the assistant manager for reception.

Living in the Northern California town of Middletown was conducive to Patty's beliefs about healthy living. She practiced yoga for up to four hours a day. She attended massage school and became a massage practitioner. She also spent a lot of time outdoors hiking, mountain climbing, and riding motorcycles. "It was foot loose and fancy free," she said.

Still, at times she felt like she was a novelty to the people around her. "Out there, I was the only Native person anyone had ever met or knew," she said. "Now that I'm here, I'm just a regular Anishinabe." And it's a feeling that Patty loves.

"I'm happy that I got to go out to find what I was looking for and now I feel blessed to bring the knowledge and experience back here," she said. "When I left California I just left," she said. "The only real attachment I had was to my boyfriend, Emeris, and he came back with me."

Once she came home she began to provide round-the-clock care for her mother and said she relished the time, even though it was close to the end.

"I was able to have the best part of her without the alcoholism that was complicated by malnutrition," she said. "She'd forget everything so that made the world brand new every day in her eyes and in mine."

"I learned more during that time about what it means to be a human being," she said. "She was a loving person, especially at the end, and she could articulate, 'I love you.'"

After her mother passed, Patty decided to stay in Minnesota. She got a job with the Band working with Larry Smallwood at the Language and Cultural Grounds. She did that for nine months before landing a job at the District III community center. She's been there ever since as the maintenance supervisor.

She also decided to focus on her other passion – healthy living.

Patty and her beau Emeris are building a three-story barn on their property and plan to open a juice stand there. They also plan to sell goat milk, cheese, and fresh eggs. She may even offer massages and yoga classes down the line. The barn should be completed in the fall.

Her business partner, Al, is also back in the state and he's working on building an apple press and greenhouse, along with the juicer machines, and Patty expects to continue working with him when her barn is completed.

In addition to preparing for her new business venture, Patty has embraced the cultural traditions that she knew so well as a child. "We harvest wild rice, make maple syrup, and we used to go netting, but now we just fish," she said. "We pick wild blueberries in June and harvest birch bark."

"I grew up living with the seasons, which is what my grandma, Nina Benjamin, taught me," she said, adding that her grandma was a beautiful and amazing person.

Patty spent most of her childhood in Sandstone, but also lived on military bases in California and Georgia with her father, Joseph O'Brien, who was a marine. Joseph passed away in April 2009 and Patty says she is blessed to have been able to care for her father and spend his last days with him.

Patty says her journey has prepared her for the life she lives today. And, when asked, she offers a bit of wisdom to others about life choices. "Reconnect with your great tradition of our culture. Learn the language as best you can. Participate in seasonal harvests. Most importantly, keep practicing and stay in the rhythm of the seasons."

Patty heeds her own advice, though she will say that it wasn't an easy choice to come home.

"The life I left in California was hard to give up, but I see that taking care of my mom was one of the best things I ever did."

Band Members Have New Contact for Jobs at Grand Casino Hinckley

Grand Casino Hinckley recently hired Band member Viola Olson to work in the human resources department. She will be responsible for hiring Band members for open positions at Grand Casino Hinckley.

Viola will review applications from Band members and match them with jobs for which they are qualified. Sending an updated application or resume to Grand Casino Hinckley will improve your chances of securing a job with the casino. Band members who bring their resume to the Grand Casino Hinckley human resources department will most likely be interviewed at the same time.

"I'm really excited to have the opportunity to work in the community and for the community," said Viola. "For some people, these jobs will be the first or second jobs they've ever had, and Grand Casino Hinckley is giving them the opportunity to gain confidence and real job experience."

Currently, Grand Casino Hinckley has several positions available, including a beverage server, buffet display cook, hotel room attendant, and environmental service engineer. These jobs require an application, but do not require a resume or cover letter.

For the most updated job openings, call the job hotline at 800/472-6321, ext. 4977. Available jobs can also be found online at www.grandcasinosmn.com.

If you have any questions or are interested in working for Grand Casino Hinckley, contact Viola at 800/472-6321, ext. 4929.

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Earthworks Team Saves Time and Money

Toya Stewart Downey

As part of the Community Development Department's new Earthworks Team, Chad Dunkley, Scott Tossey, and Ed Dunkley work on landscaping, demolition and infrastructure-related jobs for the Band.

By Toya Stewart Downey

When the Band's Community Development Department Earthworks Team was formed five years ago, the goal was to bring jobs that were being outsourced to contractors back to the Band.

Since then the team has been responsible for jobs including landscaping Band houses and developments, hauling black dirt for Elders' flower beds and gardens, plowing roads, and digging graves.

"The guys who work on our team have the skills for these jobs, so it makes sense to do the work internally," said Mike Moilanen, director of planning and project management for the Band.

Mike said that it saves time to have a dedicated team who works for the Band, rather than having to solicit bids from outside contractors.

"We identified large amounts of money that were being spent outside of the Band. By having the Earthworks Team, we're keeping the money internally," said Mike. "And the response time is immediate."

The team consists of Ed Dunkley, who is the supervisor, Chad Dunkley, and Scott Tossey. Each of the men has undergone training sessions to learn how to operate equipment such as Bobcats, dump trucks, and mini excavators required for the job.

The three men, who are Band members, are currently in septic training to become certified as installers in drain fields – the place where waste water goes.

"We do sewer repairs and water line repairs now," said Ed, adding that the septic training will allow them to do more in their jobs and eventually save the Band more money.

Another job the crew is responsible for is demolishing old houses. They took on the task beginning a few years ago.

"We recycle the cement from the foundation so that we don't have to pay the cost of disposal and to keep it out of the landfills," Ed said.

Plus, when the properties are demolished, it gives Community Development more land options to rebuild.

"Demolishing old buildings also gets rid of public health hazards," said Mike. "Sometimes kids might play in them or they're just unsafe buildings, so it's in our best interest to demolish them as soon as possible."

The team also installs shelters that can be used in severe weather situations in the garages of Elders.

They helped dig holes and trenches for the windspire manufacturing plant, Chi Noodin, in District II and helped level the land at the Minisinaakwaang Leadership Academy in East Lake.

They also help other departments, too – most often the Department of Natural Resources.

"We remove trees near houses," Ed said. "And we're helping build road access to Mallard Lake."

The crew works in all districts and this fall will be headquartered in new offices in a Band-owned building east of Hinckley.

Perspectives: The Band's Next Generation

Showing respect to the Creator

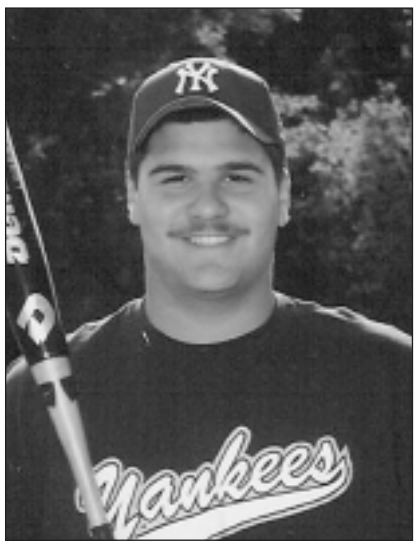

Photo courtesy of Mary Sam

By Ben Sam, Mille Lacs Band member

The following article appeared in the August 26, 2009, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

I have been taught that Ojibwe people have connections to the Creator and great spirits. We must show respect to them through our ceremonies. We do this by learning from our Elders. Ever since I was young, I have learned to show respect to the Creator through the activities I do.

I have been around netting since I was two years old, and I set my first net when I was seven years old, after going through ceremonies. Mille Lacs Band Elder Leonard Sam, my namesake, taught me to respect the net and always care for it. Your net is your tool for catching fish, and you should never throw it around. You should also take care of your fish. Don't set them on the ground. But if you drop one by accident, wash it off a bit.

When I was about six years old, I was out during the spring netting season and saw another man netting. He had set out his net the night before and caught a decent amount of fish. But when I saw him cleaning out his net, there were fish scattered everywhere, and his net was just lying on the ground. I told him that you can't do that to your net. It's not right. It is what the Creator gave him to catch his fish out of the water spirit.

When I fish today, I always look back on the water and say a small prayer to show respect for the water. It's also traditional to take the first fish you catch in your net the first time you go netting (after going through a ceremony) and return it to the water spirit, giving thanks.

In the spring, usually in March or April, I also go out sugarbushing. We go to the powwow grounds and tap maple trees to get the sap for making maple syrup and sugar cakes (that's only if you overcook the sap).

Then in the fall, I go ricing. It's such a joy being out on the lake picking your own rice. After we pick the rice, we lay it out on big tarps or blankets in the sun to let it dry. Then we use a big kettle over an open fire and stir the rice with a big oar until it pops like popcorn. Then we put it through a thrasher, which takes the rice kernels out of their shells.

I've been hunting all my life too. I started with a small bow and arrow and practiced on a hay bale. When I was old enough to hunt on my own (about 12 years old), but before I went out hunting for the first time, I went through traditional ceremonies – two feasts. This is basically the first step toward manhood in the Ojibwe culture. During the ceremonies, I prayed to God to help me on my way to being a man and finding my way in life, as well as helping me to get a deer. We also put out tobacco and gave thanks to the Creator.

Then I went out to the woods and got my first deer – a medium-sized doe. We ate some of my deer at a feast. But before we ate it, we had to cut out the heart and remove the sternum meat. I had to eat a piece of each, which we put in the soup, as this is tradition. I also said a prayer to give thanks for getting my first deer and for helping me get on my way in life. That was the day I became a man.

Circle of Health Updates

By Circle of Health staff

Diagnostic tests

We are continuing to have problems with the billing process for Band members who have radiology tests, such as X-rays, MRIs, and CT scans. Even if you present your insurance card at the time of your visit, the information either is not passed along to the radiology provider or the radiology provider does not bill secondary payers.

Once you receive your first statement for the radiology tests, you must call the billing office to give them your Circle of Health information. They will ask for your date of service and account number. If you receive a second statement, call the billing office again and let us know you have encountered problems. In our experience, these are always the ones that are sent to collections with no hesitation.

Annual updates

Last month was your final opportunity to complete the annual Enrollment and Consent to Release of Information forms, accompanied with copies of the front and back of all your insurance cards. Without this information on file, any future reimbursement requests will be put on a "hold" status.

As of April, if you have a "hold" status on your account, we will not process your reimbursement until our office receives the requested information. This information is vital to contacting you, sending letters, and corresponding with providers, insurance companies, and employers on your behalf.

If you have any questions, please contact your claims processor, David Boyd (A-L) or Roberta Lemieux (M-Z), or Michele Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Upcoming Events at the Mille Lacs Indian Museum

Ojibwe baby moccasin workshop

The Mille Lacs Indian Museum and Trading Post will host a class in which participants will create a pair of Ojibwe-style baby moccasins. The two-day workshop will be held at the museum on May 8 from 12-4 p.m. and May 9 from 10 a.m.-2 p.m.

The workshop, which includes lunch and refreshments, costs $45 for the general public and $40 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional supply fee of $15. Discounted hotel rooms at Grand Casino Mille Lacs are available on Saturday for participants.

Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket at this two-day workshop. The workshop will be held at the museum on June 12 from 12-4 p.m. and June 13 from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional supply fee of $10.

Registration is required by June 9. Please call 320/532-3632 for more information or to sign up.

Free Hearing Evaluations at Ne-Ia-Shing Clinic

To schedule an appointment for **Friday, May 14**, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

19th Annual Grand Celebration Powwow

The 19th Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 18-20. The powwow is one of the largest in the area and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 18
- 1 and 7 p.m. on June 19
- 1 p.m. on June 20

Attendees are asked to bring their own chairs and drums to the powwow. Campgrounds are available during the event. For more information, call Vicki Kroshel at 800/472-6321, ext. 4930, or Michelle LeDouex at 800/472-6321, ext. 4556.

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Tribal Noteboard

Happy May birthday to:

Val, 34, on May 27 with love from mom, Mariah, Kevin, Tracy, Shelby, Jarvis, Jamie, Max Dean, Mark, Aiva, Rachel, Doll, Grandma Agnes, dad, Karen, Sharon, Ravin, Wally, Melodie, Phil, Mickey, Nadine, Best Boy, Charlotte, Renae, PJ, and Whitney • **Mark Doust**, 2, on May 12 from mom, dad, Agnes, Karen, Tracy, Carla, Shelby, Jarvis, Sharon, Wally, Melodie, Val, Mariah, Baby Kevin, Heather, Amber, Abby, Mike, Jake, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, J.T., Lorna, Phillip, Micki, Nadine, Charlotte, Whitney, T.J., Max Dean, Rave, Brad, Bruce, Jayla, Lil Jay, Kate, Peep, Adam Parker, Basil, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, and Papa Jim • **Darryl Smith**, 17, on May 5 with love from Heather, Dan, Daniel Jr., Thomas MacLean, mom, Harvey, Jordan, Joshua, Matthew, Grace, and Joseph • **Todd Sam** (Muge), on May 20 from Dust • **Joshua and Jordan Smith**, on May 25 from mom, Harvey, Darryl, Matthew, Grace, Joseph, Heather, Dan, Daniel Jr., and Thomas • **Alvina Aubele**, on May 27 from Berta and family • **Herb Weyaus**, from Joanne, Dan, Danni Jo, Elliot, and Chris • **Jonathan Lee Boyd**, 4, on May 3 with love from grandma, grandpa, dad, nana, and Asia • **Drin**, 33, on May 4 from Ruth, Pete, Wand, Rog, Lorne, Ben, Jay and Zach • **Age**, on May 5 from your bro • **Jillian**, on May 15 from Pete and Age • **Valerie Boyd**, on May 9 with love from mom, dad, and the girls • **Sarah Lynn**, on May 18 with love from mom, dad, Dayaunna, Morgan and Tanny • **Jeffrey Matrious**, on May 3 from your wife • **Bryan Sam**, 20, on May 20 from RaeAnne, Kaitlin, Andrel, Brevin, Grandma Bingo Sam, and Uncle Bag • **Mariah**, on May 31 from Grandma Kim, mom, dad, brother, Elias, Dede, Papa, Agnes, Karen, Tracy, Shelby, Max Dean, Jarvis, Jacob, Sharon, Wally, Melodie, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Markie, Rave, Brad, Bruce, Jada, Jay, Lil Jay, Kate, Peep, Adam Parker, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Phil, Mickey, Nade, Cahr, PJ, Whit, Nae, Falon, Sherry, Gabbi, Shawn, Marissa S., Marissa R., and Samantha • **Jarvis**, on May 5 with love from mom, Shel, Val, Piah, Lil Kev, Karen, Gramma AA, Jake, Jamie, Aiva, Marky, Sharon, Wally, Rave, Melody, Nicole, Chris, Jimmy, Cordell, Lil Chris, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Peep, Max Dean, Adam Parker, Phil, Mickey, Nadine, Best Boy, Charlotte, Renae, PJ, and Whitney • **Shelby**, on May 9 with love from mom, Val, Piah, Lil Kev, Karen, Gramma AA, Jake, Jamie, Aiva, Marky, Sharon, Wally, Rave, Melody, Nicole, Chris, Jimmy, Cordell, Lil Chris, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Max Dean, Adam Parker, Phil, Mickey, Nadine, Best Boy, Charlotte, Renae, PJ, and Whitney • **Doll**, on May 12 with love from Val, Piah, Lil Kev, Karen, Gramma AA, Jake, Jamie, Aivia, Marky, Sharon, Wally, Rave, Melody, Nicole, Chris, Jimmy, Cordell, Lil Chris, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Max Dean, Adam Parker, Phil, Mickey, Nadine, Char, Renae, PJ, and Whitney • **Elias**, on May 17 with love from Valerie • **Dad**, on May 17 with love from Dede • **Baby Sis**, on May 12 from your brothers and sisters • **Taylor Paige Peep**, on May 19 with love from mom, dad, brother, Val, Piah, Lil Kev, Karen, Gramma AA, Jake, Jamie, Aivia, Marky, Sharon, Wally, Rave, Melody, Nicole, Chris, Jimmy, Cordell, Lil Chris, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Max Dean, and Adam Parker • **Phil Sr.**, on May 23 with love from Mick, Naughty, Pinero, Whit, Val, Piah, Lil Kev, Karen, Gramma AA, Jake, Jamie, Aivia, Marky, Sharon, Wally, Rave, Melody, Nicole, Chris, Jimmy, Cordell, Lil Chris, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Max Dean, and Adam Parker • **Thomas MacLean**, 2, on May 25 with love from mom, dad and Daniel Jr. • **Robyn Virnig**, 15, on May 20 with love from Heather, Dan, Daniel Jr., and Thomas • **Mase Jr.**, on May 27 with love from mom, dad, Beaner, Dante, Shawsha, Soul, Daymon, Papa Fronco, Rae, Joe, Moobutts, Donny, Joey, Sheila, Gramma Vera, DeaLayna, Franny, Junior, Stone, Danielle, and Bruce • **Joseph George Bastedo Jr**., on May 25 with love from Chick, Papa Doug, Mickey, Phil, Nadine, Charlotte, PJ, Whitney, Papa Dale, Jasmine, Jayden, Chrissy, DJ, Arielle, Jenai, Jayla, and Craig • **Phillip Harrington Sr.**, on May 23 with love from Mickey, Nadine, Best Boy, Charlotte, PJ, Whitney, Fat Head, and Leo • **Leoniece Ballinger**, on May 11 with love from Nana, Phil, Nadine, Best Boy, Charlotte, PJ, Whitney, Ellisse, mom, dad, Nick, Papa Dale, Jasmine, Jayden, Chrissy, and DJ • **Jayla Shaw**, 1, on May 19 with love from Papa Doug, Chick, Mick, Phil, Nadine, Charlotte, PJ, Whitney, Nick, and Leo.

Happy May birthday to Mille Lacs Band Elders!

Rebecca Agua
Merlin Anderson
Elisse Aune
Alvina Aubele
Brenda Beaulieu
Beverly Benjamin
Maurice Boyd
Denise Chamblin
Anthony Davis
James Davis
Virginia Davis
Dale Day
Edna Day
Winona Evans
Lorraine Farah
Sharlene Fisher
Dale Garbow
Geraldine Germann
Harry Granger
Gertrude Hanson
Robert Heinz
Allen Hemming
Harold Hill
Patricia Jackson
Molly Judkins
Clarabell Kruse
Cynthia Lester
Vera Mager
Frank Mason
Dominic Mayotte
Janelle Meehl
James Mitchell
Pauline Mitchell
William Mitchell
Lawrence Moose
Ardith Morrow
Lorraine Nickaboine
Ole Nickaboine
Donald Olson
Betty Quaderer
Patricia Regguinti
Geraldine Shingobe
Beverly Sutton
John Sutton
Victoria Verkennes
Herb Weyaus
Sarita White
Larry Wind

Congratulations

Congratulations to **Steven Hanks and Lorna Garbow** on their engagement. F*rom your family*.

Thank you

The family of **Natasha Merrill** would like to thank everyone for your thoughtfulness. Your generosity and support during this difficult time was greatly appreciated. Natasha will be greatly missed. *Chi mii gwech, the Merrills*.

• • •

The Chief Executive's Office would like to thank all of the government center staff members who worked at the Treaty Rights Day celebration picnic. Mii gwech for all your hard work, and a special thanks to the departments that graciously donated prizes. Your time and donations were greatly appreciated.

Obituaries

Virgil Lloyd Skinaway
Born – 5/19/1951
Died – 4/4/2010
Resided in Hinckley, MN

Daniel Weyaus
Born – 8/29/1977
Died – 4/6/2010
Resided in Onamia, MN

Band Weather Spotters Prepare for Severe Weather

Photo courtesy of Monte Fronk

Tom Lonka and Amanda Graning from the Duluth National Weather Service trained tribal government employees on how to identify severe weather. The Band's weather spotters report severe weather on the reservation to the National Weather Service.

While spring brings blooming flowers and warm weather, it also brings the threat of severe weather. The Minnesota Department of Public Safety and the National Weather Service organized a Severe Weather Awareness Week (April 19-23) to help teach Minnesotans about weather hazards and provide resources to minimize the risks associated with severe weather.

Thunderstorms and tornadoes cause extensive damage in Minnesota every year. In 2009, 24 tornadoes touched down in the state. Despite experiencing no recorded tornadoes last year, Mille Lacs County has had 12 tornadoes, Aitkin County has had 14, and Pine County has had nine since 1950. In the event of a tornado, take shelter in your basement or a room away from the exterior of your house. Crouch under a table while protecting your head.

If you are stuck outside during a tornado, take shelter in an overpass, ditch or culvert. If it is possible, move inside a strong building. Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the lowest floor of a sturdy nearby building or storm shelter.

Lightning is another dangerous weather phenomenon. To protect yourself from lightning and thunderstorms, stay inside a building or your car until 30 minutes after hearing the last clap of thunder. If you are outdoors when lightning strikes, avoid tall trees, hilltops, and water.

Flash floods can occur after large thunderstorms. They are the number one cause of deaths associated with thunderstorms – causing more than 140 fatalities each year. To minimize the danger of flash floods, avoid high water, storm drains, ditches, ravines, and culverts. Water that is six inches deep can knock you off your feet if it's moving swiftly.

If you have any questions about how to prepare for severe weather, visit the Minnesota Department of Public Safety Severe Weather Web site at www.severeweather.state.mn.us.

Bean and Veggie Wraps

By Chris Kegg, Nutrition Education Assistant

Prep time: 10 minutes
Makes four servings

Ingredients

- 4 fat free flour tortillas, (6-8 inches in diameter)
- 2 cups sliced fresh mushrooms
- 1 medium onion, cut lengthwise in half, then cut crosswise into thin slices
- 1 can (15 oz) progressive black beans, drained, rinsed
- 4 cups fresh spinach leaves
- 1/2 cup shredded reduced fat cheddar cheese (2 ounces)

Directions

1. Heat tortillas as directed on package. While tortillas are heating, spray 10-inch non-stick skillet with cooking spray: heat over medium heat. Cook mushrooms and onions in skillet about 4 minutes, stirring frequently, until onion is crisp tender. Stir in beans, heat through. Stir in spinach, remove from heat.

2. Divide bean mixture among tortillas. Sprinkle with cheese. Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.

Meet District II Program Administrator Renee Moore

Photo courtesy of Renee Moore

Renee Moore

By Toya Stewart Downey

One of the greatest joys of Renee Moore's job is that she gets to interact with the community on a daily basis.

Renee has been the program administrator in District II for the past 18 months and since then has had the opportunity to get to know the local Band members better.

"I have an open-door policy and welcome people from the community to come and talk to me whenever they want to," she said.

Renee, who was a stay-at-home mom before she began working for the Band, got her start as a recreation worker for the Band's CRS program. She did that for two years and spent her days playing with the youth as well as providing transportation for them.

Her children participated in the program, too, so that made it an easier transition to leave her home and go to work, she said.

When the program coordinator left, Renee served as the acting coordinator for one year. After that, she moved into her current role.

In her job she pays bills for the center, passes out per capita checks, assists community members with issues, and helps them find the right people to talk to about their concerns or other business. She also attends a variety of meetings.

Renee makes people aware of the services offered to the community. "They know what's there, but they're not always sure about which services to use," she said. "For example, if they have a housing issue, I refer them to Sam Moose."

While no job is without its challenges, Renee says hers is pretty close. Her biggest issue is trying to get to the root of what community members need. "This job lets me help people and help get their needs met," she said.

To do it well, you need to know how to interact with people, said Renee, 33. "But I love dealing with people, so that makes it easy."

That's one of the reasons Renee devotes two days a week to visiting Elders at their homes. She visits them when she leaves work while waiting for her children to finish their afterschool program.

"I check to see if they have food or I might help them with paperwork," she said. "It's something I do for my grandpa. I love the Elders," she said. "They are an important part of the community."

Renee also makes it a point to participate in cultural traditions such as attending ceremonies.

Renee grew up in McGregor. She has five children that range in age from 2 to 15 years old.

Ojibwemowin "The Ojibwe Language"

Below are some common Ojibwe words and phrases using the phonetic form of the words.

- Aneebeeshikay – He/she is making tea
- Anukey – He/she is working
- Ashungay – He/she is giving a feast
- Asaymahkay – He/she is offering tobacco
- Atahgay – He/she is gambling
- Bahmahdizi – He/she is traveling around
- Bakaday – He/she is hungry
- Bakwayshiganikay – He/she is making bread
- Bahmibatoo – He/she is running
- Bawa'am – He/she is knocking rice
- Dazhitah – He/she is playing
- Gewisay – He/she is hunting
- Mawadishiway – He/she is visiting
- Namadabi – He/she is sitting
- Nagumo – He/she is singing
- Zagaswah – He/she is smoking

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Calendar of Events

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**					1
2	3	4	5	6 **Talking Circles** The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	7	8 **Ojibwe Baby Moccasin Workshop** Mille Lacs Indian Museum 12-4 p.m.
9 **Ojibwe Baby Moccasin Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	10 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925	11	12	13	14 **Chippendales*** GCH 8 p.m. both nights	15
16	17	18 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	19 **District III Community Meeting** GCH 5:30 p.m. Contact: Monica Benjamin, 320/384-6240	20 **All-Elder Community Meeting** District III ALU 11 a.m. Contact: Denise Sargent, 320/532-7854	21	22 **Grand Asian Concert*** GCH 8 p.m.
23	24 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	25	26 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	27 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311	28 **All government offices closed at noon**	29
30	31 **All government offices closed for Memorial Day**					

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What Do You Appreciate Most About Your Mom?

Alicia Skinaway

"My mom, Nancy Ann Garbow, was supportive of us. If we wanted to do something, she always told us to try it."

Roxanne Kegg

"I just appreciate her for being there for us. She kept us straight."

Beatrice Jordan

"I appreciate my mom, Janice Shaugobay, for helping me with my kids while I'm in school."

Carmen Green

"There's not one thing I appreciate most about my mom, Eileen Johnson, because she does so much."

Mary Dalquist

"My mom's name was Angeline Wadena. I appreciate her knowledge. She let us make our own choices and even if we were wrong, she never said, 'I told you so."

Garrett Sam

"She's someone I can always talk to and she makes the best fry bread. She's famous for it."

Photos by Toya Stewart Downey

Boxing Fans Treated to Action-Packed Night

Photo courtesy of Jesse Kelly

Matt Vanda blocks a punch from Andy Kolle during a boxing match at Grand Casino Hinckley on April 2. After a well-fought 10-round battle, Kolle won a unanimous decision.

By Jim Erickson, Executive Director of the Department of Athletic Regulation

A full house of boxing fans was treated to some action packed fights in the ring, as well as some unexpected activity under the ring at Grand Casino Hinckley on Friday, April 2.

The evening started with a five-round battle between Hinckley native Tim Taggart and Fergus Falls boxer Tyler Hultin. The non-stop action throughout the bout resulted in a draw.

The second bout featured Donny Tierney fighting against Dan Copp. As Tierney was announced as a split-decision winner, supports under the ring shifted and gave way, causing the ring to collapse. After an hour, the ring was resurrected and the rest of the bouts continued without any problems.

In an action packed fight, Gary Eyer and Brad Patraw traded heavy shots, with Patraw hitting the canvas twice in the first round. As the second round started, Patraw was still on shaky legs, and after taking a few hard shots from Eyer, the referee named Eyer the winner.

In the semi-main event, Hector Orozco and Jeremy McLaurin found themselves in a rematch of a February match, which Orozco lost after suffering a cut on his eyelid. This time around, Orozco outworked the taller McLaurin and handed him his first defeat.

When main event fighters Andy Kolle and Matt Vanda last met, Kolle came out victorious. This time, Kolle and Vanda each landed their share of punches in an action packed 10-round battle. As the fight wore on, Kolle began to show a bit more talent than the veteran Vanda. Although Vanda fought hard until the end, Kolle won a unanimous decision and retained his Minnesota Middleweight Championship.

The next scheduled action at Grand Casino Hinckley is a mixed martial arts cage match on June 4.

Students Plant Seeds for Nay Ah Shing Garden

Toya Stewart Downey

Nacho Aguilar, a Nay Ah Shing second grader, planted peppers, squash and watermelon seeds with the help of his teacher, Julie Nelson. The plants will be moved into the lower school's outdoor garden before the semester ends.

Toya Stewart Downey

June Nadeau, a Nay Ah Shing second grader, put the finishing touches on her section of Nay Ah Shing's garden while her classmates look on. Students and school staff will tend to the garden throughout the summer.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

June 2010 *"The story as it's told."* Volume 12 • Number 6

Work Underway at New District III Development

Photo courtesy of Community Development

Work started on the Wise Owl Road development in District III on May 12. Following the initial road construction, crews will begin work on the 15 new Elder and rental homes.

To prepare for building homes in the Wise Owl Road development in District III, the Band has started road construction. Skip Churchill provided a blessing at the site on May 12.

Fifteen new homes will be built at Wise Owl Road in addition to the four that are already there. They will be a mix of Elder and rental homes, all on lots that are two and a half acres or more. The Wise Owl Road development is located on 99 acres of trust land off of County Road 138 – about one and a half miles north of County Road 48 and 15 miles east of Hinckley.

Home construction will begin once the roadwork is completed, which is anticipated to be mid-summer, weather permitting. The homes will take approximately four months to build, and they should be ready for occupancy by early 2011.

The work underway now involves clearing trees, building new streets, paving existing streets, developing on-site septic systems and wells, and creating a storm water management system. These efforts are funded in part through a $700,000 ARRA (American Recovery & Reinvestment Act) grant.

The storm water management system consists of wetlands and vegetation that form natural rain gardens. This system not only creates more green space; it is also more eco-friendly.

At another residential development – Zhingwaak Oodena in Hinckley – the Band recently finished construction of 25 single-family homes. Phase two of Zhingwaak Oodena is being planned.

Band Member Employment Increasing at Grand Casinos

The number of Mille Lacs Band members working at Grand Casino Hinckley is at its highest level since 1998, and the number at Grand Casino Mille Lacs is the highest since 1997. About half of the Corporate Commission's employees are Band members. Also, the Grand National Golf Course in Hinckley recently hired eight Band members and Grand Casino Mille Lacs recently set up a blackjack course from which 11 dealers were hired.

"These numbers indicate that our efforts are making a difference," said Michael Garrow, Commissioner of Corporate Affairs for the Mille Lacs Band. "Increasing Band member employment has been a significant goal for us."

This goal also aligned with a directive from Chief Executive Marge Anderson, who highlighted the need for Band member employment opportunities during her 2010 State of the Band speech.

New director of Band member development

One of the steps taken to help increase opportunities was to hire a corporate director of Band member development. Band member Jodell Meyer began work as the director in April. She helps match Band members with employment and training opportunities at Grand Casinos, the Band's small businesses, and even casino vendors and contractors. She is supported at the casinos by associate directors Loretta Hansen (Grand Casino Mille Lacs) and Salena LaGuard (Grand Casino Hinckley).

Photo courtesy of Jodell Meyer

Jodell Meyer

"Our goal is to eliminate employment barriers and boost Band member employment at our businesses," Jodell said. "We also want to help existing Band member employees develop the skills they need for future leadership roles."

Jodell worked at Grand Casino Mille Lacs for nearly two years before becoming the director of Band member development. Previously she worked for the Mille Lacs Indian Museum. She earned a master's degree in education from the University of Duluth in May.

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43408 Oodena Drive
Onamia, MN 56359

www.millelacsojibwe.org

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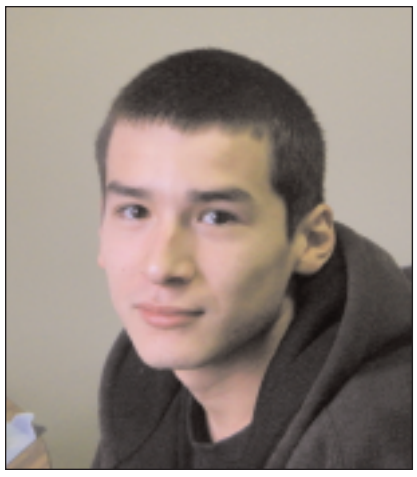
Nay Ah Shing Graduates

By Toya Stewart Downey

Congratulations to this year's Nay Ah Shing graduates. The graduation ceremony was held on June 1. Coverage of the ceremony will be available in the July *Inaajimowin*.

We asked this year's graduates about their school experience and plans after graduation. Here is what they said.

Marchel Day



Plans after graduation:

To attend college.

What he'll miss most about Nay Ah Shing:

Hangin' with the homies.

What he gained from his high school experience:

Education and friends.

Ricky Boyd

Plans after graduation:

To join the Air Force and become a fighter pilot. (Ricky plans to leave home within the next year for the 16-week training.)

What he'll miss most about Nay Ah Shing:

His friends, roaming the halls, and his teachers.

What he gained from his high school experience:

Maturity and learning to be responsible.

Lacey Garbow

Plans after graduation:

To attend college for both an undergraduate and graduate degree. She then plans to return to the reservation to work for the community.

What she'll miss most about Nay Ah Shing:

Playing volleyball, walking the hallways, and seeing her friends. Talking to the teachers, especially the one she nicknamed "Spaz."

What she gained from her high school experience:

Gaining "crazy friendships" and learning that life is not always a game. She also learned that the path that a person chooses will impact them and their future.

Bugs Haskin Presented With Fun Run Quilt

After a week of rainy days, the sun came out to dry the roads for the annual spring Fun Run at Nay Ah Shing on Friday, May 14. Staff members and students from kindergarten to twelfth grade congregated in front of the upper school where the race began.

Two weeks before the race, Mille Lacs Band Elder Linda Mitchell presented a special quilt to Athletic and Activities Director Bugs Haskin. She made the quilt from shirts of previous Fun Runs. Linda's daughter Bridgett helped unveil the quilt at the Fun Run.

The tribal police were also thanked for their participation in every Fun Run. This year's escorts were Noah Melberg, Tim Kintop, and LeRoy Lassard.

Following the Fun Run, participants attended the royalty powwow.

Mille Lacs Band and Minnesota Historical Society Collaborate on Educational Ojibwe Art Kit

Students in classrooms across the state are now able to create their own Ojibwe "shoulder bags" thanks to an educational art kit created by the Mille Lacs Indian Museum and the Minnesota History Center. The shoulder bags are simplified versions of traditional Ojibwe bandolier bags.

The kits feature the designs of Band member Cheryl Minnema. After being inspired by her grandmother's (Lucy Clark) and mother's (Millie Benjamin) beadwork, Cheryl started loom beading in her elementary years. A few years later she began sewing traditional beaded flowers. Soon she was making everything from beaded barrettes to belts to moccasins.

Looking for a challenging beading project, Cheryl started making bandolier bags, which are beaded shoulder bags used to carry one's most prized possessions. The process of creating a bandolier bag is extremely labor intensive. It takes her seven to nine months to make one bag. Cheryl is one of very few Ojibwe people in Minnesota who are making bandolier bags.

"I have been beading for many years and my work is still improving. I hope my work will inspire younger generations to learn how to bead and feel proud of the gifts we have been given," said Cheryl.

The educational art kit also features a history curriculum that helps teachers introduce Ojibwe culture, history and arts, and traditional Ojibwe music recorded by Band member Darren Moose, Sr.

For more information on traditional bandolier bags and to see a picture of Cheryl's third bandolier bag see below.

Bandolier Bags

Photo courtesy of Ed Minnema

Cheryl Minnema and her two sons, Sean (8) and Ethan (3), display her third bandolier bag, which she recently finished in May.

Aazhooningwa-igan or Gashkibidaagan

By Cheryl Minnema (Waabaanakwadookwe)

Bandolier bags are elaborately decorated shoulder bags most commonly made by Native peoples of the Prairies and Upper Great Lakes, from southern Canada to Kansas. The bags are thought to have originated around the 1840s or 1850s. Few were made after the 1940s, although they are occasionally made today.

Woodland Indian men wore bandolier bags as objects of prestige. Sometimes they wore more than one at a time. This kind of bag was so valuable that the Woodlands people could trade one bag to the neighboring Dakota people for a pony.

A Mille Lacs Band Elder remembers that bandolier bags were worn at ceremonial dances to carry beadwork to exchange while dancing.

I made my first contemporary bandolier bag in 2007. It took me seven months to complete the bag. My mother, Millie Benjamin (Zhaawan), and my grandmother, Lucy Clark (Omadwe), inspired me to carry on our traditions through art and taught me how to make traditional crafts. I have been making traditional crafts for 20 years.

2010 Election Guidelines

A general election for Secretary/Treasurer, District II Representative, and District III Representative will be held on June 8, 2010.

To vote in the general election, the following conditions must be met:

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of June 8, 2010.
- Reside in a district of the Mille Lacs Reservation thirty (30) days prior to June 8, 2010.

If you do not meet the 30-day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, then you must vote by absentee ballot.

To request an absentee ballot by mail:

Submit by mail or fax an Absentee Ballot Request Form to the General Election Judge. All information requested must be filled out in order for the Election Board to process your request in a timely manner. Absentee Ballot Request Forms are in this issue of the *Inaajimowin*, at the front desk of each district community center, at the urban office, and online at www.millelacsojibwe.org. Completed request forms can be faxed to Deb Northrup, General Election Judge, at 320/532-7842.

Absentee ballots must be received by the General Election Board by 8 p.m. on June 8, 2010, by mail or hand delivery. A hand-delivered ballot will only be accepted by the Election Board from the person to whom the ballot was issued.

To vote by absentee ballot in person:

Voting in person by absentee ballot prior to the general election will be at the General Election Office located at the tribal government center. Office hours from May 7-June 8 are 8 a.m.-5 p.m.

General Election Board address:

Mille Lacs Band of Ojibwe
General Election Board
Attn: Election Judge
43408 Oodena Drive
Onamia, Minnesota 56359

Any election questions can be directed to Deb Northrup at 320/532-7792 from 8 a.m.-5 p.m. Monday-Friday.

Polling Places

Polling places are open from 8 a.m.-8 p.m.

- District I Community Center
- East Lake Community Center
- Isle Chiminising Community Center
- Lake Lena Community Center
- All Nations Indian Church – 1515 E. 23rd Street, Minneapolis

2010 General Election Candidates

Secretary/Treasurer

Curt Kalk

Herb Weyaus – incumbent

District II Representative

David Niib Aubid

Marvin Bruneau – incumbent

District III Representative

Harry Davis – incumbent

Diane Gibbs

2010 Election Calendar

- **June 8: General election**
- June 9: General Reservation Election Board certifies results of election
- June 10: General Reservation Election Board publishes election results
- June 11: Deadline for request for recount
- June 15 (5:00 p.m.): Deadline for notice of contest
- June 16 (or 15th or 14th, if request for recount is filed before deadline): Decision on request for recount and results of recount, if allowed
- June 25 (or 10 days from notice of contest, whichever is sooner): Deadline for decision on contest
- June 28: Deadline for appeal to Court of Election Appeals
- July 1: Record of contest forwarded to Court of Election Appeals
- July 6: Last day for hearing on appeal (hearing within 7 days of notice of appeal)
- July 13: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals
- 10 days from hearing on appeal: Deadline for decision of the Court of Election Appeals
- Day following decision of appeal: Winning candidate prevailing on appeal takes office

Absentee Ballot Request Form

Mille Lacs Band of Ojibwe • General Election • June 8, 2010

I am requesting an absentee ballot for the June 8, 2010, general election.

My full name, which I am enrolled under, is:

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

District which I will vote from:

☐ District I-Nay Ah Shing ☐ District II-East Lake/Isle ☐ District III-Lake Lena

Signed: _____

For Office Use Only

In person: _____
Date voted: _____
By mail: _____
Request received: _____
Phone: _____
Letter: _____
Fax: _____
Request form sent: _____
Request form received: _____
Ballot sent: _____
Ballot received: _____

Please mail or fax request form to:

Debra Northrup, Election Judge
Mille Lacs Band of Ojibwe General Election Board
P.O. Box 705
Onamia, MN 56359

Fax: 320/532-7842

Green Building Training Available

Positions in the green building training sessions at the Summit Academy OIC (Opportunities Industrialization Center), a nonprofit education and vocational training center in the Twin Cities, are still available for interested Band members.

The Summit Academy will train participants this summer on using new materials and techniques that will help them build more energy-efficient homes.

The housing department's goal is to build homes that save energy and heating costs and have less of a negative impact on the environment.

"The green building initiative will continue our stewardship and respect for the earth and remain a reflection of the Mille Lacs Band of Ojibwe culture," said Sam Moose, director of the Mille Lacs Band Housing Department.

Because federal stimulus money is funding energy-efficient building projects, many experts believe that the future of construction will be in green buildings.

"This training will provide Band members with a new set of skills that are crucial in the expanding field of green building," said Sam.

In May, the Summit Academy conducted skills assessments on Band members who are interested in participating in green building training sessions.

Interested Band members can attend the Summit Academy OIC sessions in the Twin Cities or the OIC carpentry program in Onamia. Both programs, which are not affiliated with the Band, will be held this summer and are open to both Band and non-Band members.

To apply for the Summit Academy green building training, call 612/377-0150. To apply for the OIC carpentry program, contact Tim Sam or KC Paulson at 320/532-4046.

Band Working to Improve Members' Access to Home and Small Business Loans

The Mille Lacs Band has begun the process of establishing a Native Community Development Financial Institution (CDFI) to provide Band members with entrepreneur education, financial literacy, home and small business loans. Chief Executive Marge Anderson introduced the CDFI concept to Band members during her State of the Band speech in January.

Native CDFIs operate as nonprofit organizations with a relationship to the United States Department of the Treasury to help tribes and other American Indian entities provide affordable credit, capital and financial services to their members. They were created as part of a larger program to assist underserved populations that tend to have difficulty getting help from traditional lenders.

The Band's first steps in establishing a CDFI have been to (1) set up a planning board and (2) begin working with First Nations Oweesta Corporation:

(1) The planning board is designed to become the CDFI board once the organization is approved. The board represents a mix of Band members; Band employees; business, banking, finance, and legal representatives; and Elder and youth representatives yet to be named. To date, board members include John Dunkley, Jackie McRae, Cindy Koonce, Carla Dunkley, Barbara Cole, and Linda Moxness.

(2) Oweesta has a contract with the Treasury Department to help plan and implement Native CDFIs. It will help the Band write its CDFI application, train the board, and conduct market assessment and policy development.

If the Band's application is approved, the local CDFI would be a nonprofit lending organization separate from the tribal government. It would provide eligible Mille Lacs Band members with home loans, small business loans, and entrepreneur education/development services. The CDFI could expand its services as it becomes more established.

Please watch the *Inaajimowin* for updates on the CDFI effort.

New Solicitor General Takes Office

Photo courtesy of the Chief Executive Office

Barbara Cole was sworn in as the new Mille Lacs Band Solicitor General on May 12, 2010.

The Mille Lacs Band of Ojibwe has appointed and sworn in Barbara Cole as its new Solicitor General. She has been the Band's Deputy Solicitor General since 2007. Barbara will fill out the remainder of former Solicitor General Rjay Brunkow's term, which expires April 30, 2011.

As Solicitor General, Barbara will advise and represent the Mille Lacs Band on tribal, state and federal legal matters. She will also lead the Band's Department of Justice, which includes the Department of Public Safety and Tribal Police Department.

Before coming to work for the Band, Barbara was an attorney specializing in American Indian law issues at Larry Leventhal and Associates in Saint Paul. She graduated from the University of Minnesota Law School in 2005. While in law school, she researched tribal constitutional reform for a respected Indian law professor, assisted with an advanced Indian law course, and worked on child custody cases at the Indian Child Welfare Law Center in Minneapolis.

Barbara was born in Germany and spent much of her youth at U.S. Army bases in Germany and Texas. Her father moved the family to his native Minnesota when she was a teenager. She lives in Minneapolis and likes to read, run, and work in her vegetable garden in her spare time.

Former Solicitor General Rjay Brunkow resigned the position. He remains under contract with the Mille Lacs Band on work related to the ongoing federal investigation into thefts that occurred against the Band and its Department of Community Development.

Attention Renters in Band Housing Units

The Mille Lacs Band Housing Department is updating rental lease information for tribal rental properties, HUD low-income properties, the Mutual Help Project, and 18-home project.

If you live in one of these properties, please contact the housing department to update the following information: household income (e.g., wages/salaries, tips, social security, public assistance, per capita payment, investment income, child support, other business income, unemployment, military income) and family or household size.

The deadline for providing this information is June 20. If you do not provide updated information by the deadline, the housing department will determine your rent payment based on a default income amount. This could make your rent payment higher than the amount you now pay.

Please contact Gina Anderson at 320/532-7456 as soon as possible to schedule an appointment in District I or to check for times and places for outlying districts.

Please note: This article serves as your "Notice to Update" your rental lease agreement.

Teens Find Work Through Band's Summer Employment Program

By Toya Stewart Downey

Finding a summer job during tough economic times can be challenging for any teen hoping to land work on summer break. It can be even more difficult in rural areas where jobs are already limited and harder to find.

But thanks to the Band's annual Summer Youth Employment Program, approximately 100 young people get the opportunity to develop new skills, gain work experience, and discover future options.

"The program is designed to introduce youth to the workforce and help them gain work experience," said Theresa Romard, a job developer for the Band's workforce center. "For many, it's their first job."

The program begins on June 7 and ends July 30. During the eight-week program, teens get an overview of basic jobs skills and learn about ethics, workplace behavior, and leadership skills. They will spend a day with Band Elders to discuss their futures and role in the community.

Participants range in age from 14 to 20 years old and live in Districts I, II and III. Due to funding limitations, the program is not offered in the urban area.

Youth earn $7.25 an hour and when possible are provided job placement options in areas that interest them. Some of the jobs include janitorial, housekeeping, labor, child care, and administrative positions and other jobs involve working in the Women's Project, at the museum, and in the casinos.

The Summer Youth Employment Program started in the early 1970's during Art Gahbow's administration. In the beginning, the program employed about 15 youth. There were few worksites. Most of the work consisted of groundskeeping – especially the powwow grounds – and outdoor labor crews which cleaned up the communities. There were few administrative positions. The summer youth got paid less than $2.00 an hour, but were still thrilled to get a paycheck, Theresa said.

Patty O'Brien, maintenance supervisor for the District III Community Center, is an employer participant in the program. "Even though it is extra work to teach a youth about life in the workplace and all that goes with it, I am always pleasantly surprised at how willing to learn and how helpful young people are," said Patty, who was one of the first to sign up for this year's program.

"It is so important to provide an opportunity for them to earn their own money and develop the teamwork and skills that it takes to serve the community in a good way," she said. "It is usually with a sense of pride and accomplishment that they pick up their paychecks."

Patty said it's also empowering for the youth to know that financial rewards can be gained by their own efforts. "Sometimes I think I would rather not participate because my workload is already intense, but then I realize all the things the kids can do to help," said Patty. "And I remember how much it meant to me when I was a kid, and I got my first job. It seems so long ago!"

Besides learning workplace etiquette and new skill sets, one of the biggest challenges for youth in the program may be getting to their jobsite. Transportation is not provided because it is not financially possible. That is why families, relatives and others are asked to help provide transportation when possible.

Families, employers and participants will also be asked to fill out surveys each week to evaluate the program and its progress. The goal is to continue to improve the program and its operations. "The whole idea is to bring back a sense of community, so we ask parents, relatives and the community to support them," Theresa said. "Family involvement is crucial in helping these kids be successful."

So, too, are the departments that will offer employment. Recently, Theresa sent a note to potential employers telling them, "It is encouraged that we all take an active role in empowering and encouraging our youth to take an interest in their own future. You as a mentor are a part of that very important process."

It's a message that she firmly believes and hopes others do too. "This program should help our kids become successful and help them see their options for their futures."

Strong Mille Lacs Band Presence at DFL State Convention

Chief Executive Marge Anderson speaks to delegates at the DFL state convention on April 24. Marge was one of 1,344 delegates who helped choose the DFL gubernatorial nominee.

"Thank you for nominating a governor who will respect our treaties… Thank you for being a friend to tribal governments and Indian people."

This was part of Chief Executive Marge Anderson's message to the DFL Party at its state convention on April 24. Her speech highlighted the support shown by the DFL Party over the years on health care, sovereignty, reservation boundaries, and other key issues important to the Mille Lacs Band.

Margaret Anderson Kelliher, who currently serves as Speaker of the Minnesota House of Representatives, became the first woman endorsed by a major party for governor of Minnesota that day, edging out Minneapolis Mayor R.T. Rybak. The Republican Party endorsed Tom Emmer and the Independence Party endorsed Tom Horner as candidates for governor.

Marge was one of several Mille Lacs Band members and Band employees who attended the DFL convention. Marge and Elizabeth (Towle) Scott, the Band's governmental affairs administrative assistant and community organizer, were also among the convention's 1,344 delegates. In that role, they helped choose the DFL's nominee for governor over the course of six ballots and nine hours of voting.

"The most exciting part of this convention was helping endorse the next governor for our state," said Elizabeth, a third-time delegate at the state convention. "My vote definitely made a difference. The numbers were fairly close between Margaret Anderson Kelliher and R.T. Rybak, and every delegate who voted helped move the process along."

Community Events

District I health fair

All Mille Lacs Band members and employees are invited to attend the District I Community Health Fair on Wednesday, June 23, from 10 a.m.-3 p.m. The fair will be held at the District I Community Center and will include informational booths, a light lunch, and raffles throughout the day.

For more information, contact Amanda Nickaboine-Meyer at 320/532-7771.

Gardening classes

This summer SHIP is sponsoring classes for anyone interested in learning how to start and maintain an organic garden. The classes will be held at the Ne-Ia-Shing Clinic conference room on the third Thursday of every month from 4:30-6:30 p.m.

The following classes are available:

- June 17: Container gardening and herb gardens
- July 15: Pests, diseases and prevention
- August 19: Harvesting, canning and freezing
- September 16: Native plants and water conservation
- October 21: Winterizing and cleanup

For more information, contact Shelly Foster at 320/532-4163, ext. 2538.

African Visitors Discover Ojibwe Culture During Day-Long Trek to Mille Lacs

Toya Stewart Downey

A group from Africa recently visited the Mille Lacs Reservation to learn about the Band and its culture. During the tour, the group also met with elected officials.

By Toya Stewart Downey

When Carmen Lucas first heard she was going to visit the Mille Lacs Band Reservation she expected she would see miles of unpaved roads, people living in teepees, and residents living traditional lifestyles without modern accommodations. Instead Carmen, who lives in Mozambique, Africa, was quite surprised to see how advanced the Band, its people, and its government are.

"There are modern programs and practices, yet you're still trying to maintain your traditions," said Carmen, who is a judge for the Mozambique legal system. "There's a lot of globalization at home and I see it here, too."

Carmen was part of a group from the continent of Africa who recently visited the reservation to learn more about the Band, its people, traditions and culture. The group was in the United States participating in the International Visitor Leadership Program "Women and the Law: The U.S. Experience – A Regional Project for Africa."

During their time in the U.S. the contingent also stopped in three other cities – Salt Lake City, Utah; Jacksonville, Florida; and Washington, D.C. The goals of the trip were multifold and included providing a historical overview of the U.S. legal system, its principles and its traditions. There was a specific focus on women's legal rights, laws about gender discrimination, and initiatives to deal with human trafficking, domestic violence, and abuse.

Another objective included studying women's participation in and access to the legal and judicial system as well as the advancement of women's status in the political, economic and social structure.

A third goal was to explore the role of both governmental and non-governmental organizations that are working to improve women's status in areas such as health, education, and economic independence.

During their time on the Mille Lacs Reservation, the group toured District I and spent time with elected officials, leaders, and Band employees. Both groups shared different aspects of their cultures, including learning about the other's lifestyle, foods, and traditional practices.

"It's been good," said Michael Conteh, coordinator of the Gender and HIV/AIDS Program at the University of Namibia. "I've learned something very profound. Women play a key role here, which is not the case at home," he said. "We're still fighting for gender equity, and it's a long struggle."

"I was very fascinated to see how the Ojibwe are doing and learn that it's a matriarchal society," Michael added. "We were matriarchal, and we've lost that in many cultures."

Another participant, Grace Malera, an attorney and human rights practitioner in Malawi, said the time spent in Mille Lacs was a rewarding and moving experience. "I couldn't stop taking pictures at the museum," she said. "It was so alive to me."

Grace said she appreciates that the Mille Lacs Band has been able to preserve its culture and traditions even through changing times. "I ask myself if we can do this in Malawi because what's really going on here is self-determination. You are co-existing. Your self-sufficiency is impressive. At the rate you are going, I ask myself what will happen here in 10 or 20 years. It makes me want to come back and see," Grace said. "This visit has made a lasting impression on me."

Band Member Jen Waugh: DII Admin and Foster Mom

Toya Stewart Downey

Jen Waugh

By Toya Stewart Downey

Even though she interacts with the community on a daily basis, Jen Waugh likes the solitude that comes with her job.

As the administrative assistant for the District II Representative, Jen is responsible for planning community meetings, scheduling lawn services for Elders, and handling the billing for the district representative. She also has a host of other duties.

"I'm a quiet person, so this job suits me because I can keep to myself a lot of the time," said Jen, who has been in her role for about four years. "I do like communicating with the Elders and other visitors who come to the community center, but I like the quietness, too."

Prior to her current role, Jen held other positions with the Band including working as a receptionist, doing maintenance at the community center, and working as a nursing assistant at the Assisted Living Unit. She has also worked at both casinos.

"I was looking for something that fit my personality, my schedule, and provided some flexibility," she said.

Flexibility was crucial, particularly since besides having three children of her own, Jen is also a foster parent to two toddlers. She's had the siblings since they were infants and is hoping to adopt them.

"I became a foster parent because I wanted to help Band kids and give them a good life," she said. "I've had eight kids total."

The hardest part of being a foster parent is when the children leave her care. But the rewards outweigh the challenges, she said. "The best part is taking care of the children who need a good home."

Jen advises other Band members to consider becoming foster parents because the need is so great. "Open your hearts and help," she said.

Jen grew up in McGregor and graduated from McGregor High School. She's been married for seven years and currently lives in Round Lake with her family.

State Legislature Concludes 2010 Session

The Minnesota Legislature wrapped up the 2010 session on Monday, May 17, needing an 11-hour special session to finish balancing the state's $3 billion budget deficit.

Less than two weeks before the session was required to adjourn, the Supreme Court ruled that Governor Pawlenty exceeded his authority when he unilaterally cut state government spending last July.

In the final budget, the Legislature delayed $2 billion in school payments and adopted $1 billion in one-time cuts, largely to health and human services. These cuts will cause a general decrease in services across the state, affecting Band members and non-Band members alike.

The 2010 legislative session also saw several proposals to expand gaming. Although ultimately none of the proposals were passed, there was increased conversation at the end of the session about allowing slot machines in bars.

More gaming expansion proposals, especially for racinos, slot machines in bars, and electronic pull tabs, are expected to be introduced next year.

Despite a concerted effort from some of the state's top lobbyists, the Vikings did not secure state or local funding for a new stadium. None of the Vikings-sponsored proposals included gaming expansion as a way to fund the stadium. Other groups, however, advocated for funding the new stadium through racino revenues.

The team is expected to renew its efforts to seek funding during the 2011 session. A continued threat by the Vikings to move to another state would further complicate the issue next year.

The Band and its lobbyists helped secure the passage of a bill that adds federally recognized Indian tribes to the legal definition of governments that can enter into joint powers agreements. This new law compliments the self-governance compacts tribes already have with the federal government and state agencies.

Following the close of the session, the 2010 election season officially started. All 134 legislators are up for election, and there will be a highly contested race for the governor's seat.

Tony Pike: Back at Home Post Iraq

Photo courtesy of Tony Pike

Tony Pike

By Toya Stewart Downey

Tony Pike wasn't planning to join the military after high school, but when two friends encouraged him to enlist along with them, he agreed.

He figured it would be a good move because if he stayed around south Minneapolis, he would end up running the streets like a lot of his peers. "There was nothing in the cities for me," he said.

After graduating from high school he decided to enlist in the U.S. Army. He was 17. "I had to beg and plead with my mother to join the military," he said.

The day before basic training, the friends Tony enlisted with backed out, but Tony was determined to keep his commitment. His first stop was Fort Jackson, South Carolina. After that he went to a military police training base at Fort McCollum, Alabama.

He has been with the same unit – the 34th Military Police Company – for the past two decades. Tony is signed up for four more years of service, but may consider re-enlisting beyond his end date.

"We're a tight-knit family," he said. "A lot of us have been in for the same amount of time."

The unit, called the Red Bulls, has also shared a lot of similar experiences. Over the years they've been deployed to help with state emergencies such as floods, strikes, searching for missing people, and even helping at the Republican National Convention.

In March 2009, they were deployed to the Middle East. After training at Fort Lewis in Washington the unit headed to Basra, Iraq. "I had no apprehensions about going because this is what we signed up for," he said. "We trained for it."

The unit was deployed for 342 days. They returned to Minnesota on January 29, 2010.

According to Tony, adapting to the day-to-day rigors of active duty had its challenges including adapting to the extreme heat, working 12 to 16 hours a day, and having to remain on base 24/7 except while accompanying convoys off base. "I had an extra duty over there as an electronic warfare officer so I went out on a lot of convoys," said Tony.

There was also the stress of living in a war zone. "We were rocketed a lot by incoming mortars and there was a two-month period when it happened weekly," said Tony. "There are certain sounds now that trigger memories and give me flashbacks."

There was also the devastating tragedy of losing friends. Three members of Tony's unit were killed when they were hit by a rocket while on base. "We were pretty close, so it's still kind of hard," said Tony. As a tribute to one friend, Carlos "Doc" Wilcox, Tony wears a bracelet that has Carlos' name on it.

While in Iraq, Tony suffered some injuries including a ripped tendon after his hand got jammed in a door, an eye injury, and back problems from wearing 100 pounds of body armor. He also has a constant ringing in his ears that will probably last throughout his life.

Because there was always noise on the base, Tony is acclimated to hearing noise and can't sleep without the television on or some other background noise. Still, there were some comforts of home such as watching Vikings games, playing video games, using social networking sites such as Facebook, playing volleyball, and enjoying weekly steak and lobster dinners.

Since returning home, Tony has gone back to the same lifestyle he had before he left. He spends time with his family, plays in a dart league, and works for the Band. "It hasn't been too difficult to transition back," he said. "I could have taken 90 days off from work, but I was going stir crazy at home."

Tony is currently the roads supervisor for the Public Works Division. He's had a long career working for the Band. He got his start in security at the Hinckley casino in 1992. After a few years, he moved to the Public Works Division and has been there for 15 years. Tony has worked in the solid waste department as a driver, coordinator, and then as a supervisor.

In May, Tony also began going back to his monthly army reserve meetings. He expects that his unit will be deployed to the Middle East sometime next year.

Tony has four children that range in age from four to 19 years old. He lives in Bugg Hill.

Central Lakes College Veterans Resource Center and AMVETS Collaborate on Higher Education

By Mary Sam and Deb Dewey, Central Lakes College

Allen Weyaus, vice commander of Mille Lacs Band AMVETS Post 53, Greg Davis, tribal veterans service officer for the state of Minnesota, and Central Lakes College are embarking on a unique partnership to encourage American Indian veterans and their spouses and children to attend college.

Allen is a member of the Central Lakes College Veterans Resource Center Advisory Committee. "Getting our veterans, spouses and children to attend college is key to their success," said Allen. "Attending college outside of our own community fosters healthy relationships and helps break down the isolation that exists in our tribal communities. We need to teach our children to live in a multicultural community."

Greg Davis is excited about the opportunity to encourage veterans to use their education benefits in a program that offers great support services while attending college. "Many of our veterans need that one-on-one support, a quiet place to go if they are feeling anxious or overwhelmed, and the idea of attending college with other veterans is appealing."

About the Veterans Resource Center

The Veterans Resource Center (VRC) provides information and support to veterans, military members, their families, and community members. The center is operated by Central Lakes College staff, student employees, and volunteers. More than 165 current service members attend Central Lakes College and use the Veterans Resource Center.

The goal of the VRC is to provide a welcoming environment for everyone. The center has, or can locate, information about veterans' services, financial resources, scholarships, and veteran and family support activities. The center refers individuals to appropriate campus and community service providers. It also serves as an advocate for veterans and their families who are students. The center encourages students or prospective students who are veterans, military members, or family members to contact the center about their potential benefits.

Central Lakes College also houses the state offices of the Minnesota Department of Veteran Affairs (MDVA) Higher Education Veterans Programs.

For more information about the VRC, please contact Deb Dewey at 218/855-8279 (ddewey@clcmn.edu) or Dan Davidson at 218/855-8290 (ddavidso@clcmn.edu). For information about military education benefits, please contact Laura Boden at 320/308-2185 (mnva@stcloudstate.edu). Please feel free to stop in and visit us at the Central Lakes College Veterans Resource Center.

Upcoming events

Veterans education gathering – Mille Lacs Tribal College

On June 7, MDVA Higher Education Veterans Programs State Director Don Pfeffer and staff will provide an overview of services, programs and resources available to veterans, spouses and children. This event is from 2-4 p.m. and will be held at the Mille Lacs Band Tribal College. No registration necessary.

Central Lakes College 'Combat to Classroom' Course

Beginning August 23 with the fall 2010 semester, CLC will offer an innovative course: "From Combat to the Classroom – the Transition of Combat Veterans and Their Families."

The two-credit course will be taught by Don Pfeffer, the state's MDVA Higher Education Veterans Program Director and a counselor at CLC. "This course is for veterans, family members, and anyone with a strong interest in the military," he said. "We will start by examining what it means to be a veteran or family member of a veteran and move along the path of life after military service," Don said.

Don will lead students through the emotional, physical, financial, familial, and cultural issues that often arise as veterans transition to civilian life. They will examine Post Traumatic Stress Disorder.

Veterans Day celebration

In November, CLC Veterans Resource Center will hold a ceremony honoring the area's veterans, military members, and their families.

For more information about upcoming events, please contact Mary Sam at 218/855-8159, Deb Dewey at 218/855-8279, or Greg Davis at 320/532-7731.

Circle of Health Updates

By Circle of Health staff

Diagnostic tests

We are continuing to have problems with the billing process for Band members who have radiology tests, such as X-rays, MRIs, and CT scans. Even if you present your insurance card at the time of your visit, the information either is not passed along to the radiology provider or the radiology provider does not bill secondary payers.

Once you receive your first statement for the radiology tests, you must call the billing office to give them your Circle of Health information. They will ask for your date of service and account number. If you receive a second statement, call the billing office again and let us know you have encountered problems. In our experience, these are always the ones that are sent to collections with no hesitation.

Annual updates

Last month was your final opportunity to complete the annual Enrollment and Consent to Release of Information forms, accompanied with copies of the front and back of all your insurance cards. Without this information on file, any future reimbursement requests will be put on a "hold" status.

If you have a "hold" status on your account, we will not process your reimbursement until our office receives the requested information. This information is vital to contacting you, sending letters, and corresponding with providers, insurance companies, and employers on your behalf.

If you have any questions, please contact your claims processor, David Boyd (A-L) or Roberta Lemieux (M-Z), or Michele Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Free Hearing Evaluations

To schedule an appointment for **Friday, June 11**, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Employees Attend Confined Space Training

Photo courtesy of Monte Fronk

Mark Peterson, Tony Pike, and Corwin Graikowski learn how to use a winch on a retrieval tripod system. This was a part of a full-day training session on how to safely enter and exit confined spaces during an emergency.

Four Band members recently attended a one-day Confined Space Training at the University of Minnesota Saint Paul Campus. The training is conducted by the University's public health and occupational safety department. The department also provides funding for tribal government employees to attend.

At the training the participants learned the definition of a confined space; the proper equipment to use when entering a confined space; how to use and calibrate air monitoring devices in confined spaces; how to safely enter and exit a confined space; and how to retrieve a hurt person from a confined space during an emergency.

Participants included public works employees Mark Peterson and Tony Pike, Department of Public Safety Emergency Management employee Monte Fronk and Mille Lacs Wastewater Management employee Corwin Graikowski.

Photo Correction

In the "Students Plant Seeds for Nay Ah Shing Garden" photo in last month's paper, the teacher helping students plant seeds for the lower school's outdoor garden was incorrectly identified. Deb Foye, nutrition coordinator for the early education program, was assisting the students. We apologize for the mistake.

Community Recreation and Services Summer Hours

Beginning on June 7, Community Recreation and Services (CRS) will change their hours. The new summer hours will be from 1-10 p.m. on Mondays and Tuesdays and from 11 a.m.-7 p.m. Wednesdays-Fridays.

If you have any questions, please call Phillip Sam at 320/532-7518.

Tribal Noteboard

Happy June birthday to:

Noah Sablan, 4, on June 2 with love from TT, Kellen, Jay, Grandma Tracy, Taya, mom, and dad • **Brenda Mae Mitchell**, 13, on June 4 from TJ and Kali • **Krista Lee Nayquonabe**, 7, on June 6 from Auntie Jan and the kids • **Adam James Benjamin**, 8, on June 7 from Auntie Jan and the kids • **Pyckly Dyl**, 35, on June 8 from TJ, Twyla, Jaime, Cathy and the kids • **Kennedy Nayquonabe**, 3, on June 6 from TJ and Kali • **Christina Marie Boyd**, 24, on June 13 from Auntie Jan, Twyla, Jaime, Cathy, Zayah, Jarvis, Rae Rae, Izzy, Dennis, TJ, and Kali • **Amelia Sam**, 6, on June 20 from TJ and Kali • **Tia Rose White**, 4, on June 25 from TJ and Kali • **Rodney Boyd Jr**., 29, on June 9 from Jonathan, Asia, mom, grandpa, Carly and Rory • **Arianna Aune**, 4, on June 21 from dad and Nadine Harrington • **Jenai Beaulieu**, on June 4 with love from Papa Doug, Mickey, Phil, We-eh, Charlotte, PJ, Whitney, Leo, Nick, Jayla, and mom • **Craig Beaulieu**, on June 23 with love from Papa Doug, Mick, Phil, Nadine, Charlotte, PJ, Whitney, Leo, Nick, Arielle, Jayla, and Jenai • **Daddy**, on June 23 from Nick and Leo • **Lance Ballinger,** on June 23 with love from dad, Jazzy, Jaden, Papa Doug, Chick, Mick, Phil, Nadine, Charlotte, and PJ • **Debbie Mitchell**, from Carmelena and Mataeo • **Pickle Sam**, on June 8 from Slice, Sonya, Lucian, Keira, Carmelena and Mataeo • **Mataeo Mitchell**, 5, on June 13 with love from mom, Royce, Carmelena, Luciana and Keira • **Marita Jones-Yellowhammer**, 6, on June 20 with love from mom • **Nakota James Benjamin Jr.**, 2, on June 16 from mom and dad • **Jay**, 24, on June 30 from mom, Ben, Zach, Carla, Drin, Pete, Phoebe, Betty and Kane • **Sherry Harrington**, on June 9 with love from Carrie, Renae, Zachary, Jerry, Kira, Shawntel, Gabbi, Jeremy, Sammi, Jada, Keaona, Cameron, mom and Leonard • **Gilda Burr**, on June 3 with love from Carrie, Howard, Renae, Zach, Jerry and Kira • **Tammy Smith**, on June 24 from Bev, Roger, Junior, Roy and Jillian • **Roger Jr.**, 28, on June 28 with love from mom, dad, Roy, Jillian, Gladys, Ron, Roland, Roland Jr., Collin, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, and Danica • **Big John**, on June 29 from mom, Rog, Juni, Roy, Jillian, Gladys, Ron, Roland, Roland Jr., Collin, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, and Danica • **Roland Hunt III**, on June 7 with love from Grandma Mary, Grandpa Jon, mom, Lucas, Jerome, Ed, Tim, Johnny B, Larry, Brent, Michelle, Nancy, Nikki, Veronica, Camryn, and Taryn • **Morgan Boyd**, 5, on June 18 from Dayaunna, Tanya, gram, and grandpa • **Dante**, 8, on June 3 with love from mom, dad, Shawsha, Mase Jr., Daymon, Soul, Beaner, Rae, Joe, MooButts, Donny, Joey, Sheila, gram, Dealayna, Stone, Junior, Franny, Danielle, and Bruce • **Danielle**, 27, on June 21 with love from Mary, Mase Sr., Shawsha, Soul, Daymon, Mase Jr., Beaner, Dante, mom, Dealayna, Stone, Franny, Derek Jr., Rae, Joe, MooButts, Joey, Sheila, Donny, and Bruce • **Irene Boyd**, on June 14 from Judy and the gang • **Lil Kevin**, 7, on June 23 with love from mom, dad, Sissy, Gramma Kim, Papa Brad, Elias, Dede, Gramma AA, Gramma Karen, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Sharon, Wally, Melz, Rave, Rachel, Nicole, Chris, Jimmy, Cordell, Lil Chris, Bruce, Jada, Jayla, Lili, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Randi, Jay, Kate, Peeps, Adam Parker, Micki, Phil, Nadine, Charlotte, PJ, Whitney, Renae, Jeremy, Cameron, Keona, Sheey, Shawtel, Gabi, Nancy, and John • **Ravin**, on June 30 with love from mom, dad, Melz, Randy, Gramma AA, Karen, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Rachel, Nicole, Chris, Jimmy, Cordell, Lil Chris, Bruce, Jada, Jayla, Lili, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Randi, Jay, Kate, Peeps, Adam Parker, Micki, Phil, Nadine, Charlotte, PJ, Whitney, Renae, Jeremy, Cameron, Keona, Sherry, Shawtel, and Gabi • **Roland Smith Jr**, 1, on June 4 with love from dad, mom, Gramma Gladys, Papa Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Tayaunna Boyd**, 2, on June 1 with love from mom, dad, Lydell, McKayla, Gramma Gladys, Papa Ron, Collin, Roland, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Roland Smith**, on June 18 with love from Roland Jr., dad, mom, Collin, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Vincent Stobb**, on June 13 with love from Auntie Jan, TJ, Twyla, Jaime, Cathy and kids, mom, dad, Collin, Roland, Roland Jr., Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Suzanne Merrill**, on June 21 from Gladys, Ron, Collin, Roland, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica • **Sty Hanks**, on June 18 from Gladys, Ron, Collin, Roland, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica • **Tami Gahbow**, on June 26 from Gladys and Desi.

Happy June birthday to Mille Lacs Band Elders!

Mary Ann Ailport
Randall Anderson
Shirley Beach
Arvina Benjamin
Shirley Boyd
Clifford Churchill
Sherry Colson
Emma Compelube
Simon Day Jr.
Peter Dunkley
Roberta Fox
George Garbow Jr.
Marilyn Gurneau
Catherine Hedstrom
Marlowe LaFave
Kathy Lathrop
James Matrious
Robert Mayotte
Beatrice Mitchell
Clarence Moose
John Morrow
Georgia Nickaboine
Gordon Parr
Charlene Shingobe
Charles Shingobe
Warren Skinaway
Pearl Skinaway
Frances Staples
Judy Swanson
Loris White

Birth announcement

Congratulations to Charles Houle Jr. and Paloma Daniel Houle on the birth of their son. **DeShawn Jaron Houle** was born on April 19. He weighed 7 lbs., 3 oz., and was 19 in. long. *Congratulations from your family*.

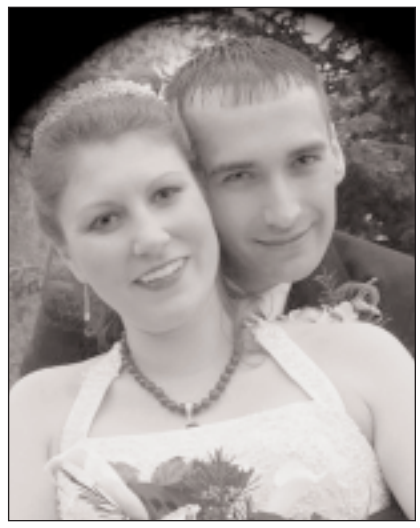
Congratulations

Congratulations to **Zachary Moose** who took second place in the state tournament in Grand Rapids April 10. Zachary is 11 years old and the son of Carrie Moose. He is very proud to be wrestling with the Mille Lacs Raiders. He practiced hard for the little time he had to get ready for the last two tournaments, and it paid off. Your family is very proud of you. *With lots of love from mom, Howard, Renae, Justo, Smokey, Cletis, Jerry, Kira, Uncle Phil, Mick, Nadine, Charlotte, PJ, Whitney, Uncle Jeremy, Sammi, Keaona, Jada, Cameron, Auntie Sherry, Shawntel, Gabbi, Gramma Deb and Leonard, and Gilda and Tracy*.

• • •

Congratulations to **Michael J. Fairbanks III** on receiving your promotion to store manager and receiving your own store. Mike has been working with Auto Zone for over a year and has shown he is trustworthy, dependable, and able to manage. Good luck in your new position. *With love from dad, Corine and kids*.

• • •



Congratulations to **Andrew and Elizabeth (Towle) Scott** on their marriage. Their wedding was on Saturday, May 8. *Congratulations from your friends and family*.

Benjamin family reunion

This year, the Jim and Nina Benjamin family reunion will be held at the Lake Lena Community Center at noon on Saturday, June 26. To RSVP and find out what to bring to the potluck, contact Bugs Haskin at 320/532-4695.

Obituaries

Deanna Marie Anderson
Born – 6-22-1993
Died – 4-24-2010
Resided in Isle, MN

Ojibwe Traditions Never Go Out of Style

Welcome to the *Inaajimowin*'s new monthly feature on Ojibwe culture and traditions. Based on results from the recent Band member survey, many of you said that you would like to see and read more about our cultural heritage in the paper each month.

This feature will differ from month to month, and we encourage your feedback and participation. In the past, the *Inaajimowin* has reprinted "Moccasin Telegraph" columns. These columns will continue to be included in this section. This month, we are reprinting the first Moccasin Telegraph column that was authored by Elder Jim Clark (who has since passed away). Since then, Band members of all ages have authored more than 100 columns, helping the Band share its history, traditions and stories with others.

A schedule of traditional Mille Lacs Band activities, such as powwows and ceremonial dances, will also continue to be included in this section of the *Inaajimowin*.

In addition to these items that were previously published in the newspaper, this section will include some of the following features:

- Ojibwe phrases and upcoming language opportunities
- Netting and hunting information
- New and old photos of Band members participating in their culture, showing activities like sugarbushing, ricing, and beading

If you would like to submit photos or ideas, contact Kelly Sam, editor of the *Ojibwe Inaajimowin*:

- 651/292-8062
- kellys@goffhoward.com
- Goff & Howard, Inc.
  255 East Kellogg Blvd.,
  Suite 102
  Saint Paul, MN 55101

Ojibwe Language Immersion Held Every Wednesday

Would you like to brush up on your Ojibwe? Or maybe you want to start learning the language in an informal setting?

People of all ages and experience levels are invited to the District I Assisted Living Unit each Wednesday from 6-7 p.m. to work on their Ojibwe with Mille Lacs Band Elders. There is no cost, no agenda, and no tests. Every week is different depending on who attends.

Immersion is a great way to learn and use the language we were given. Please drop by the ALU any Wednesday night.

Upcoming Events at the Mille Lacs Indian Museum

Sweetgrass basket workshop

The workshop will be held at the museum on June 12 from 12-4 p.m. and June 13 from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional supply fee of $10.

Registration is required by June 9. A light lunch and refreshments will be provided.

There is a minimum of five participants required for this workshop.

Birch bark harvest workshop

This two-day workshop will be held at the museum on July 17 from 12-4 p.m. and July 18 from 10 a.m.-2 p.m.

The workshop costs $70 for the general public and $65 for Minnesota Historical Society members and Mille Lacs Band members.

Registration is required by July 14. A light lunch and refreshments will be provided.

Please call 320/532-3632 for more information or to sign up.

Moccasin Telegraph

Jim Clark (1918-2008)

Getting familiar with each other

By Jim Clark, Mille Lacs Band Elder

The following article appeared in the April 24, 2002, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

Aaniin (Hello). My name is Jim Clark. I am an Elder of the Mille Lacs Band of Ojibwe. I want to welcome you to the first "Moccasin Telegraph" column, a new feature in the *Mille Lacs Messenger*. Approximately every three weeks, a member of the Mille Lacs Band will share a little bit about our people, our culture, our history, and our traditions.

What is a moccasin telegraph? Here's my understanding of it: years ago, there were no telephones and no mail service, so people had to find other ways to communicate with each other. The Anishinaabe (the Indian people) lived in family groups spread out over this area. Each one of these groups had a patriarch of the clan, like my grandfather. The patriarch would designate someone in his group, maybe a young fellow or a young girl, to carry news. These people were runners. The patriarch would say, "Something is happening, and we want to pass the news along," and the runner would take the news to the other family groups. Indian people wore moccasins at that time, so the runners would run in their moccasins.

That's how things worked a long time ago – the Anishinaabe had a moccasin telegraph that brought the news to the people. Today, a phone can be the moccasin telegraph. And, Anishinaabe still say they've heard things "through the moccasin telegraph."

We want to use this "Moccasin Telegraph" in the *Mille Lacs Messenger* to tell you about the Mille Lacs Band. Anishinaabe have lived in this area for a long time, but some people don't really know much about us. And I think when people know each other better, when they familiarize themselves with each other, they are more relaxed with each other.

It's like when you wake up in the morning and it's snowed outside. Everything looks different, but we've seen snow all our lives so we don't worry about the difference because it's familiar.

It's like that with people, too. I remember I went to a boarding school in Hayward, Wisconsin, that was run by the Bureau of Indian Affairs. I went there for four years. On Saturdays, we'd walk into town – the boarding school was about a mile away – and we'd go to a show Saturday afternoon, maybe buy some popcorn. And some kids used to tease us, and some kids would try to fight.

And then the last year that we were there, we had to go to the public school because they didn't have any teachers at the Indian school. And there we got along with the kids. They found out that we were just like anybody else, and we got along with them really well because we were more familiar with each other.

So, that is why I think people should learn more about each other. I've been to schools and talked to kids and adults to tell them about Anishinaabe people. When I talk to people, they seem more friendly and relaxed even after talking to them for just a half hour or 45 minutes about what Anishinaabe people are like.

We look forward to using the "Moccasin Telegraph" to tell you more about the Mille Lacs Anishinaabe in the future, so that you can be more familiar with our people. Mii gwetch (thank you).

Calendar of Events

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**	1 **Nay Ah Shing Graduation** Nay Ah Shing Upper School 6 p.m.	2	3 **Talking Circles** The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	4	5
6	7 **Veteran Education Gathering** Mille Lacs Tribal College 2-4 p.m. (See page 7 for details)	8 **General Election** 8 a.m.-8 p.m. (see page 3 for details)	9	10 **Talking Circles** The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	11	12 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 12-4 p.m.
13 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	14 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925	15 **All-Elder Community Meeting** District III ALU 11 a.m. Contact: Denise Sargent, 320/532-7854 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	16	17 **Gardening Class** Ne-Ia-Shing Clinic 4:30-6:30 p.m. **District II Community Meeting** East Lake Community Center, 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 **District III Community Meeting** GCH, 5:30 p.m. Contact: Monica Benjamin, 320/384-6240 **Urban Area Community Meeting** All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	18 **Grand Celebration Powwow** GCH 7 p.m.	19 **Grand Celebration Powwow** GCH 1 p.m. & 7 p.m.
20 **Grand Celebration Powwow** GCH 1 p.m.	21	22	23 **District I Health Fair** District I Community Center 10 a.m.-3 p.m.	24	25 **Larry The Cable Guy*** GCH Amphitheater 8 p.m.	26
27	28 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	29	30 **District IIA Community Meeting** Chiminsing Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	July 1	2 **All government offices closed at noon**	3
4 **4th of July**	5 **All government offices closed for Mid Summer Day**	6	7	8	9	10

Participants Needed for 2010 Mille Lacs Powwow

The Mille Lacs Band is holding its 44th annual powwow on August 20-22, and the powwow committee is looking for Band members interested in participating in one of the largest traditional powwows in Minnesota.

Royalty contestants

Each year, powwow participants crown four Band members or direct descendants of Band members as royalty. Junior princess and brave contestants must be six- to 12-years-old and senior princess and brave contestants must be 13- to 18-years-old. Contestants must be Band members or direct descendents of Band members.

The deadline to register as a contestant is August 3, but contestants who sign up earlier will have more time to accumulate points. For more information, contact LeAnn Benjamin at 320/532-7496 or leannsue@frontiernet.net.

Parade contests

Each year the powwow committee gives cash prizes for the best entries in the parade float and rez car contests. The top three Band department floats and the top three community floats in each contest will receive cash prizes. To register your float or rez car, contact Benji Blake at 320/532-7510.

Judges

The powwow committee is looking for Band members interested in volunteering as a judge for the royalty and parade competitions.

The royalty competition needs five primary judges and three back-up judges. The powwow committee would like to have at least one representative from each of the Mille Lacs Band communities, including the urban area. If you are interested in being a judge for the royalty competition, contact Sharon James at 320/282-2712.

The parade contests need three to five judges to score all the floats and rez car contestants. If you are interested, please contact Benji Blake at 320/532-7510.

Powwow tournaments

Teams are needed for the adult and youth moccasin games and horseshoe tournaments. Registration will occur at the powwow grounds during powwow weekend. For more information on the moccasin games contact Kenny Weyaus at 320/532-3855, and for more information on the horseshoe tournaments, contact Shannon Ramsey at 320/532-7460.

Raffle

Powwow raffle tickets will be available in June for $5 each. Prizes include a four-wheeler, 52 weeks of bingo, and more. For more information or to purchase tickets, contact Shannon Ramsey at 320/532-7460 or shannon.ramsey@millelacsband.com.

Vendors

The powwow committee is looking for Mille Lacs Band members interested in being vendors at the powwow. There are approximately 36 vendor sites, and the committee would love to see more authentic Native American crafts as well as more Band members serving food. All Band members receive 50% off the regular vendor rate. For more information, contact Rob Thompson at 320/532-7841.

Emcee and arena director

The powwow committee is looking for Band members who would like to be an emcee or arena director during the powwow. These positions are paid. If you are interested in either position, contact Sharon James at 320/282-2712.

What Is Your Favorite Summer Activity?

Brandi Wagner

"Swimming and cooking out."

Sharon James

"Powwows. I love going to powwows, dancing, and camping out."

Sarah Boyd

"Going to powwows, having cookouts, and going to the park with my nieces."

Paul Benjamin

"Gardening."

Karen Norby

"Camping, swimming, and tromping through the woods with my grandkids."

John Mojica

"We like to go to the park and ride four-wheelers. And my son, Justin, likes not being in school."

Kim Big Bear

"Playing beach volleyball and going fishing."

Michelle Pagel

"Whitewater rafting in the class IV and V rapids."

Photos by Toya Stewart Downey

Elder Fundraiser Golf Tournament

The Office of the Chief Executive will host a golf tournament on June 19-20 at Grand National Golf Course. The tournament will be a three-person scramble. Teams must consist of two Elders, who are at least 55 years old.

If teams register by Monday, June 14, the tournament will cost $450 per team. On-site registration will be $500 per team.

Please contact the Office of the Chief Executive at 800/709-6445, ext. 7486 to request a registration form.

Mail your form and payment to:

Mille Lacs Band of Ojibwe
Attn: Office of the Chief Executive
43408 Oodena Drive
Onamia, MN 56359

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

August 2010 *"The story as it's told."* Volume 12 • Number 8

New Elected Officials Enter Office

Toya Syewart Downey

District I Representative Sandi Blake greets new District III Representative Diane Gibbs after the swearing-in ceremony on July 13. District II Representative Marvin Bruneau and new Secretary/Treasurer Curt Kalk are also pictured.

Curt Kalk, Marvin Bruneau, and Diane Gibbs were sworn into office on July 13. All three officials were elected in the Mille Lacs Band's general election on June 8 and will serve four-year terms in the Band's legislative branch. Joe Nayquonabe Sr. was elected to the Nay Ah Shing school board.

Curt Kalk, Secretary/Treasurer

Curt Kalk was sworn in to his first term as the Mille Lacs Band's Secretary/Treasurer. In this role, he authorizes all subpoenas and official documents on behalf of the Band Assembly and investigates financial irregularities. Kalk also serves as Speaker of the Band Assembly, which enacts laws that regulate the Band's affairs and appropriates money for tribal government programs.

Before being elected Secretary/Treasurer, Kalk served as the Band's Commissioner of Natural Resources for nine years. He has also worked for the Band's Department of Natural Resources as a deputy registrar. Kalk graduated with honors from the Band's Nay Ah Shing High School in 1981 and served in the U.S. Marine Corps for four years. He is the first graduate from Nay Ah Shing to become an elected official for the Band.

Marvin Bruneau, District II Representative

Marvin Bruneau was sworn in to his fifth term as Mille Lacs Band District II Representative, a position he has held since 1990. He represents Districts II and IIa, which are located near the cities of McGregor and Isle. He has also served the Band as a member of the Housing Authority board of directors, a community health representative, and a drum society member. Bruneau graduated from McGregor High School and attended the College of Saint Scholastica.

Diane Gibbs, District III Representative

Diane Gibbs was sworn in to her first term as Mille Lacs Band District III Representative. She represents District III, which is located near the city of Hinckley. In addition to that role, Gibbs is a member of the Pine Grove Leadership Academy school board, the Blandin Foundation Community Leadership Program advisory board, and an Indian Child Welfare Act qualified expert witness.

Prior to serving as District III Representative, Gibbs served the Band in other roles for almost 20 years. Gibbs became interested in politics after she served as a legislative liaison in District III for six years. She has also worked for the Band's TANF program, as the Aazhoomog Clinic and Hinckley ALU office manager, and as District III program administrator. Gibbs attends Central Lakes Community College and is pursuing a bachelor's degree in political science.

Joe Nayquonabe Sr., school board member

Joe Nayquonabe Sr. was sworn in as the District I representative on the Nay Ah Shing school board.

More than 100 people gathered for the swearing-in ceremony, which was held in the Band Assembly chambers at the government center. The elected officials were sworn in by Chief Justice Rayna Mattinas and Clarence Boyd, Associate Justice for the Band's judicial branch.

Sign Up to Receive the *Inaajimowin* by E-Mail

Earlier this year, the Band surveyed members about their communication preferences. The survey found that an overwhelming majority of Band members (81%) wanted the option to receive the *Inaajimowin* and letters from the tribal government via e-mail.

The Band is now offering Band members the option to receive communications via U.S. mail, e-mail, or both. Only Band members will be allowed to sign up for the e-mail list.

To sign up for the e-mail list, visit the Mille Lacs Band website (www.millelacsband.com). At the bottom of the home page, click on "Sign-up to receive Band news via e-mail." You will be asked to provide your name, mailing address, and Band member ID number.

If you and your entire household no longer want to receive hard copies of the *Inaajimowin* or letters from elected officials, you must list your address as it appears on your *Inaajimowin*.

By choosing to receive these materials via e-mail, the Band will save paper and resources, and you will get the information faster than if it is sent by U.S. mail.

If you have any questions, please contact Kelly Sam at 651/292-8062.

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43408 Oodena Drive
Onamia, MN 56359

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Yes! Camp Inspires Young Band Members

Toya Stewart Downey

The week-long Yes! American Indian Business Leader Camp included 15 Nay Ah Shing students who met influential leaders, learned about operating a business, created business plans, and explored their dreams of business ownership.

By Toya Stewart Downey

The Band's future entrepreneurs and business leaders were both encouraged and saluted recently as they wrapped up a week-long educational experience called the Yes! American Indian Business Leader Camp.

"I learned that when you're starting a business, you have to do research and find ways to make it better than other businesses," said senior Brandon Anthony, 17. This was Brandon's fourth time participating in the Yes! Camp. Brandon is also involved with American Indian Business Leaders (AIBL), a national organization committed to developing future leaders.

This is the seventh year that the Yes! Camp was offered to Nay Ah Shing students. It was sponsored by the Band, Nay Ah Shing, and Central Lakes College. Students stayed at the Breezy Point Resort during the program and spent their days at Central Lakes College.

"I wanted to learn more about being a business leader and entrepreneurship," said Brandon, who wants to open a car shop that "makes cars better looking, sort of like *Pimp my Ride*," the popular television show. After high school, Brandon plans to attend college and major in international business.

His grandmother, Marian Anthony, said she is very proud of Brandon's involvement in school and programs such as Yes! Camp. "He's a go-getter," she said, adding that he will accomplish whatever he strives to do, including owning a business.

Mary Sam, director of diversity at Central Lakes College, said the program was "enriching for our kids because they got to know so many people."

"The kids have really grown from this program and learned how to put our Ojibwe value of community into the context of businesses that support one another," she told a room full of supporters who attended a luncheon honoring the students.

"No one in this room doubts your skills as leaders and entrepreneurs," said Mille Lacs Band Education Commissioner Dennis Olson. "You are a good example of bringing the youth voice forward and showing all of the positive things you want to do. Look around and see and feel the support of everyone in this room today. It is incredible."

Michael Garrow, Commissioner of Corporate Affairs, encouraged the students to think about the Band's future. "What businesses do you see that will help the Band diversify the economy? What is your future, and where do you want it to go?" he asked. "Develop and build a network, ask questions of people around you, learn to operate your own businesses, or use your talents to work for the Band."

Both Charisse Cash, 14, and Courtney Boyd, 17, say they are believers of the adage, "if you believe it, you can achieve it."

Courtney, a senior who has attended the Yes! Camp twice, wants to operate a veterinary clinic on the reservation, so that "people won't have to travel far to take care of their animals." Courtney said she has had this goal since she was a young child.

Charisse isn't sure yet what she wants to do, but wants "a big business that is known worldwide."

"I want to be successful," she said. "I know it's going to be hard work, but I'm willing to take that chance."

Chief Executive Marge Anderson told the students she was very, very proud of them. She stated that she will do whatever she can to provide support for them to follow their dreams.

Primary Election: August 10

Don't forget to vote in this year's state primary election on Tuesday, August 10. Absentee voting for the primary opened June 25 and will remain open through August 10.

This year's primary election races are highly contested, with as many as five candidates vying for one spot on the ballot. This means that your vote is crucial to help narrow the field of candidates for the general election. When voting in the primary, you can only vote for one political party. For instance, if you vote for a candidate in the Democratic gubernatorial primary, you cannot vote for a candidate in the Republican gubernatorial primary.

Primary elections for gubernatorial candidates will be held in all Minnesota legislative districts, and state representative and senate seats will be held in those districts where more than one candidate from the same party is seeking the same office. The primary elections will narrow the field of candidates to one candidate per party per elected office for the general election ballot in November.

For a full list of primary elections in areas where a significant number of Band members live, please visit the Mille Lacs Band website (www.millelacsband.com).

Visit the Minnesota Secretary of State website (www.sos.state.mn.us) for information on voting districts, primary elections, absentee voting, voter registration, and more.

If you have any questions about the primary, contact Elizabeth Scott at 320/384-4661 or escott@grcasinos.com.

Mille Lacs Band Elder Celebrates Second Career Ace at Elders Golf Tournament

Photo courtesy of Sarah Barten

Joe Nayquonabe Sr.

The annual Elders Golf Tournament was held at the Grand National Golf Club on Saturday, June 19. The tournament generated more than $20,000 for the Elders.

Tournament participants were treated to one of the most unlikely occurrences in golf: a hole-in-one. Joe Nayquonabe Sr. aced the 125-yard, par-3, sixth hole at the tournament for his second ace in his golf career.

"The wind was moving left to right and I hit the ball up into the air and let the wind take control," said Joe. "The ball hit about a couple feet to the left of the hole and the spin was just right as it moved right and fell in for the ace."

Joe hit his first hole-in-one at the Mille Lacs Golf Resort in 1995.

In the men's division, John Donahue, Jayson Churchill, and Greg Miller won first place; Kerry Funmaker, Jerry Cleveland, and Lorinda Funmaker won second place; and Gene Reynolds, John Fairbanks, and Shawn Fairbanks won third place.

In the women's division, Ashley Burr, Donna Burr, and Jenna Larson won first place; Loretta Burr, Samantha Burr, and Jane Weis won second place; and Sierra Sam, Vanessa Weyaus, and Ginger Weyaus won third place.

In the Elders' division, Joe Nayquonabe, Elmer Nayquonabe, and Pete Nayquonabe won first place; Marge Anderson, Ted Grindal, and John Dunkley won second place; and Bill Means, Gerry Auginash, and Mato Means won third place.

Prizes were donated by several businesses, including Warriors Fight Promotions, Grand National Golf Course, and Native General Contracting. Chief Executive Marge Anderson and Herb Weyaus also donated prizes.

Back-to-School Time

Nay Ah Shing

As the 2010-2011 school year is about to begin, the Band's Nay Ah Shing Schools are gearing up to welcome back students on August 31. Nay Ah Shing will hold an open house on August 30 from 4-6 p.m. to register students and let students and parents meet with teachers. If a student is unable to attend the open house, his or her parent or guardian can stop by Nay Ah Shing High School's front office to register and verify the student's address or call 320/532-4695.

You must bring along a copy of the student's birth certificate and Social Security card to register at any of the schools.

Minisinaakwaang Leadership Academy

Minisinaakwaang Leadership Academy's new school year started July 26. The charter school, which holds classes throughout the year, is still accepting enrollments. To enroll, call 218/768-3477.

Pine Grove Leadership Academy

Classes will begin on September 7 for Pine Grove Leadership Academy's 2010-2011 school year. The charter school will host an open house on Thursday, September 2, from 1-3 p.m. for students and parents to meet with teachers. To enroll in Pine Grove, contact Amiliya Zago at 320/284-7598.

Head Start for three- to five-year-olds

If you are looking for a fun, educational environment for your three- to five-year-old child, please contact the Head Start Program in your district for more information.

- District I: 320/532-4690
- District II: 218/768-3311
- District III: 320/384-7162

The first day of Head Start starts on September 1, 2010. Please note that your child must be age three by September 1 in order to register for Head Start.

Schedule your child's physical exam

Each child in Head Start needs to have a physical with immunization updates and a dental exam before starting school. When making the appointment, please state that the exam is for Head Start to ensure that all requirements are met. A parent or guardian must accompany each child to these exams. For more information, contact one of the clinics:

- Ne-Ia-Shing Clinic: 320/532-4163
- East Lake Clinic/Community Center: 218/768-3311
- Aazhoomog Clinic: 320/384-0149

Each student who participates in a school sport must also have a physical before beginning practice for that sport. Sports physical forms can be picked up at the clinics or at the schools and must be filed with your child's school.

Immunizations required

The following immunizations are needed to start school this fall in all Minnesota schools.

Kindergartners must have:

- Five diphtheria, pertussis and tetanus (DPT) immunizations
- Four polio immunizations
- Two measles, mumps and rubella (MMR) immunizations
- Three-dose Hepatitis B series
- Varicella immunization
- Four doses of HiB vaccine, which protects against HiB disease that can cause meningitis, throat swelling, and infections (recommended, but not required)

Seventh graders need:

- Two measles, mumps and rubella (MMR) immunizations
- Updated diphtheria and tetanus (DT) immunizations
- Three-dose Hepatitis B series
- Varicella immunization

Parents: Please note that the varicella immunization, also known as the chickenpox vaccine, is not required for students who have already had chickenpox. If your child has had chickenpox, please send the school nurses an approximate date of when your child had it. Also, please contact your clinic to schedule Hepatitis B shots for any child who has not yet had them. If your child has started but not finished the series of shots, your clinic can simply finish the series.

All students must have their immunizations up to date and on record with their schools.

Moccasin Telegraph

Lee Staples

Relationships to the environment

By Lee Staples, Cultural Advisor

The following article appeared in the June 12, 2002, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

Aaniin. I am Lee Staples. I think the value of this column is to share some of our Anishinaabe teachings, because I believe we all need to have an appreciation for each other's cultures. Today, I'd like to share some of our teachings about the environment.

Indian people have a close relationship with the environment. For example, there is our relationship with Mille Lacs Lake. We recognize the lake as having a spirit, a power much greater than any human being, that we acknowledge. In our ceremonies, offerings are given to that spirit within the lake. When I was a child, the old people who raised me told me to make my offering of tobacco before I went out on Mille Lacs Lake or any of the other lakes. They told me, "Remember that there is a spirit or a power out in that lake that we need to respect as a people."

When we go out to fish, we do the very same thing – we make an offering before we go out on the lake. And before we go out to harvest wild rice on the lake, we do the same thing.

So we have a strong relationship with those powers within the lake and, therefore we don't want to hurt the lake or the fish that are there. We are taught as a people to take only what we need, and maybe sometimes take some to share with others from the community who don't have any. We are taught to stay away from greed.

We have a similar relationship with everything in the environment. The trees, for example. There is a spirit within those trees that we call Mitigwaabi wi inini. That would probably translate into English as "bow man." Years ago, when the trees were used to build wigwams, the people would do an offering before they cut the trees, to respect that spirit in the trees. This is a practice that is continued to this day.

The same is true of the earth. We believe there's a power within the earth, in the center of the earth, that we do our offerings to – even to this day. For example, we have done offerings for new projects on the reservation, like the Conoco gas station in Ahzhoomog, near Hinckley. Before that project started, the Band had me come out there, and we did an offering of tobacco and food, especially for the earth where they were going to be digging and the trees that were going to be cut.

Our relationship with everything in the environment is an important part of our teachings. Our ancestors lived off the land, and so we had a lot of respect for things in the wild. There are foods we were given as a people to eat – the berries, the wild rice, the fish, the venison, the rabbits. We were taught to respect all of this.

If you take a look at environmental issues like pollution, I believe it would be good for people to learn from us. By sharing our appreciation and respect for the environment, I think it can help this world in the long run.

Naomi Weyaus Interns at the *St. Cloud Times*

Band member Naomi Weyaus is interning as a general assignment reporter for the *St. Cloud Times* this summer. Naomi became interested in journalism because she enjoys writing. Her goal is to travel the world and document her experiences living in different countries.

Naomi graduated from Onamia High School in June and will attend Marquette University in Milwaukee in the fall. Currently, she is a member of Central Lakes College's Upward Bound program, which is offered at the College of Saint Benedict.

Freedom Porter: Consummate Volunteer

Toya Stewart Downey

Freedom Porter

By Toya Stewart Downey

When Freedom Porter joined the powwow committee 12 years ago, his motivation was purely strategic. He thought that if he volunteered he would avoid being scheduled to work the mandatory four-hour shift required of all Band employees.

Little did Freedom know that the committee job required much more of his time then he ever imagined, and it meant he was at the annual August powwow for what turned out to be the entire weekend.

"I was there like 24 hours a day, he said. "At the end, I saw how much fun the committee had, and I wanted to keep doing it. They were like a family, and I wanted to share that bond."

Since then, Freedom, 31, has been thrilled to serve on the committee and has served as the chairman since 2001 – a role he assumed after the previous chair, Kenny Weyaus Sr., had a heart attack.

When the committee decided to have co-chair positions in 2004, Freedom continued in his post. He shares the co-chair duties with Mary Jo Jennings.

Though it is with some sadness, Freedom said this will be his last year on the committee. He has a lot of great memories and owes a part of his exciting future to his work on the committee. That's because it's where he met his bride, Shannon Ramsey.

"The funny thing is when I met her, I couldn't stand her," he says with a little chuckle. "She kept pushing me the wrong way the whole time we were planning last year's powwow. Then, right before one meeting last year, I saw her in a different way…maybe it was the sun."

"After the powwow was over, I couldn't stop thinking about her, so a few days later I sucked it up and with some encouragement from my powwow family, I asked her out," Freedom said. "Our first date was at the Y Club in Garrison and all we talked about was the powwow…that was our crutch. But soon the conversations came easily and naturally and we've been together ever since."

The couple married on July 31 at the powwow grounds. Band Elder Dorothy Sam officiated the ceremony. The newlyweds are expecting a baby in December.

Freedom says with his new wife and baby on the way, his life will be busier than ever before, and it is time to let someone else lead the committee.

Freedom will continue to volunteer with other groups, including the Big Brothers Big Sisters program, and serve as a mentor to Band youth. He will also continue to take the Band's youth royalty to powwows around the state and work with Elders through the Wisdom Steps program. "I love to volunteer," he said.

He will also stay busy in his role as the director of community support services. He oversees the Band's domestic violence program, food distribution to Elders, activities at the ALU, and the weatherization and energy assistance program.

"I really love this job," said Freedom, who became the director about eight months ago. "I see the progress we're making, and I'm so proud of my team. They are dedicated to their work, and we're making a difference."

Freedom has worked for the Band since 1997. He got his start in the Corporate Commission working in gaming compliance. Then he moved to Community Youth Services and stayed there for four years.

"It was a drug and alcohol prevention program, and it was hard work," he said. "We worked with high-risk kids. I left because I felt like I was approaching burnout."

Freedom said he left with some regret. "Even now, I still wonder if I made the right move," he said.

After leaving the youth program, he began working in Elder Services and worked there from 2003 to 2009. That's when he became the director of the program. "After working with the youth, and then working in Elder Services, I realized I missed working directly with people. When this job opened, I saw it as another opportunity to make a difference."

Freedom is a member of the Grand Portage Band. His mother is a Mille Lacs Band member. He grew up on the north shore of Lake Superior and stayed there with his father's family until his dad passed.

"After he died, it was hard to live in Grand Portage," he said. "I wanted to come here and learn more about my family and to work for the Band."

Carmen Green: District IIA Administrator and Entrepreneur

Toya Stewart Downey

Carmen Green

By Toya Stewart Downey

It's not unusual to see Carmen Green cooking in the kitchen at the Chiminising Community Center. She might also be sitting behind the front desk answering phones or outside shoveling snow during the winter months.

That's because Carmen, the program administrator and licensing agent for the District IIA Community Center, makes it a practice to offer her assistance wherever it's needed.

She also makes a great effort to know as much as possible about the Band and its services, so that she can address questions when they arise.

"I see myself as a resource for every community member," she said. "About 99 percent of the time I'm able to answer the question or I know who to call."

"The community centers are like mini-government centers. People come here to get applications, ask questions, and get information about some of our programs, like loans or energy assistance."

Carmen has held her post since 2003. She started out as a receptionist and program administrator. At one time she oversaw both Chiminising and East Lake, going between the two community centers on alternating days. However, after a year, it was realized that each center is unique to that community and each needed a full-time administrator.

In 2005, Carmen added licensing agent duties to her job description, because residents expressed a need to have someone nearby who could assist them.

"In this role, it's my job to help keep the commissioners informed about what's happening here," she said.

She also takes care of paying the bills for the center, helps with community meetings, gathers information for the monthly newsletter, assists Elders, and attends monthly meetings at the government center.

"The best part of my job is helping community members," Carmen said. The most challenging, she said, is making sure the information she gets and delivers to Band members is both current and accurate.

Prior to her current role, Carmen worked at Grand Casino Mille Lacs for seven years in a variety of jobs, including inventory manager at the gift shop, slot host for high-end players, and area relations – a job that required her to do promotions in the community. Carmen has also worked in the retail industry and as a waitress.

Carmen had the chance to be a stay-at-home mom with her two sons, Ian and Jackson, when her ex-husband was serving in the military.

She grew up in Wisconsin, but lived in Oklahoma, Colorado and Germany before coming to live in Minnesota in 1995. "It was hard being away from my family, but it made me grow up," said Carmen, adding that she came home as often as possible to visit her family.

When she's not working, Carmen is busying running her own business, Ogechie Angus Farm. She currently has 19 black angus cattle on her farm. "I was looking for an extra source of income for my son's college expenses," she explained.

This is the first year of operation, so while Carmen is still getting accustomed to her role as an entrepreneur, she says things have gotten easier. "Initially, it was a lot of hard work, like getting the fencing up, but it's not so hard now. We just have to make sure the automatic waterer works and have bale feed for the winter months."

Carmen and her sons also have a lawn care service, whose main clientele are Elders.

While there is a lot of work to be done, Carmen makes sure she has time for fun. She's an avid outdoorswoman who likes to hunt, fish, and gather wild rice. "I bought my own boat specifically for netting," she said. "I did all these things with my folks, and I still love doing it."

Day Labor Pool Provides Employment Opportunities for Band Members

Photo courtesy of Connie Kevan

After the tornado in June, 20 Band members traveled to Wadena to help with the cleanup efforts. These Band members are part of the Day Labor Pool Program.

By Toya Stewart Downey

Days after the tornado tore through the City of Wadena, about 20 Band members took to the streets to help with the cleanup efforts. Since the June 17 tornado, thousands of volunteers have poured into the city to help rebuild the 268 structures that were destroyed. Wadena is located about one-and-a-half hours northwest of Mille Lacs Lake.

The Band members who traveled to Wadena are some of the 182 participants in the Day Labor Pool program sponsored by the Band's Administration Department. Any unemployed Band member can apply for the temporary work program. The program does not require any particular skills, training, background checks, or drug tests.

"This program is designed to give Band members an opportunity to work when other options aren't available," said Connie Kevan, the Band's Labor Pool Manager. "We started the program in May, and as of July 13 have 244 people signed up for the program."

Workers are paid $10 an hour and can work up to 40 hours a week if there is work available. Most of the workers in the program are ages 18-25. The program is funded through the end of September, with hopes of extending it into the next fiscal year or as long as there is a need.

In addition to working in Wadena, the employees have helped with community cleanup efforts, lawn care, Elder care, worked at the cultural grounds and community centers, and other office work.

"We've had a lot of Band members request office work," said Connie. "We are encouraging departments to use our people rather than contract out."

Besides offering employment, the program also helps Band members become more self-sufficient. For example, one young man needed to get an identification card to complete his application.

"We gave him an advance on his pay so he could get a legal ID card. By doing that, we eliminated a barrier that was preventing him from working," said Connie.

She added that many people want to work, but they just need an opportunity.

When Stephanie Jamie Boyd heard about the Day Labor Pool program, she jumped at the chance to apply. She needed work, but was having trouble finding a job. She started working the day after she applied for the program.

"I like the growth opportunities this offers for me and for everyone," she said. "I'm gaining new skills and taking on new responsibilities."

Another Band member, Shawnna Skinaway, got a job helping the Urban Office prepare to move. She is working 20 hours a week helping people pack boxes, shred documents, and organize materials.

"After completing American Indian Opportunities Industrialization Center (AIOIC) in June, I became a labor pool employee," she said. "The part-time flexible hours allow me time to enjoy the summer with my family. Plus I enjoy working for the tribe."

Barb Benjamin-Robertson, program administrator at the urban office, said she appreciates the Day Labor Pool program, "Employment is one of the strongest needs in the urban area," she said. "Searching for employment is challenging during these tough economic times, and this is one way people can help support their family and their household."

Toya Stewart Downey

Band member Shawna Skinaway is helping the Urban Office prepare to move to their new location.

The Day Labor Pool program employees are also helping different departments tackle projects that have long been on the to-do list.

Jeannie Reams, the office and financial coordinator for the Department of Family Services, is grateful to have Monty Staples on her team.

"He is a very project-oriented guy and has a good sense of humor no matter what task he is completing," she said. "He started a document-shredding project that seemed really overwhelming to say the least, but he has worked diligently at it and has managed to complete in four weeks what we hoped two workers could do in a couple months."

The program has been extremely successful, helping Band members improve their community and help each other.

"This program is an example of real Native pride," said Connie. "This program will help Band members change their lives and will have a huge impact on the Band now and in future generations."

Filmmakers Seeking Actors and Extras

Clearway Minnesota and the Mille Lacs Band Public Health Department are making a film about the effects and dangers of smoking and secondhand smoke. We are looking for Band members to serve in speaking and non-speaking roles. Auditions will take place in District I on Friday, August 6, from noon to 5 p.m. and Tuesday, August 10, from 9 a.m. to 5 p.m.

The filmmakers are specifically seeking:

- Five men and five women who are at least 18 years old and can attest to their nicotine addictions and struggles to quit smoking
- People who would like to participate in the film's background (non-speaking roles)

Please call Gloria Songetay at 800-709-6445, ext. 7760 to request the audition location. People who volunteer in the film will receive an incentive up to $50.

The Band members and Band employees involved in making this film include:

- Rick Anderson, filmmaker/producer
- Gloria Songetay, Mille Lacs Band tribal education and policy initiative outreach coordinator for the Secondhand Smoke Project
- Roberta Ladd, Mille Lacs Band health educator
- Herb Sam, Mille Lacs Band traditional healer

The film is sponsored by Clearway Minnesota and the Mille Lacs Band Public Health Department. Clearway Minnesota is a nonprofit organization working to improve the health of Minnesotans by reducing tobacco use and exposure to secondhand smoke.

Fresh-N-Fit Fridays

By Shelly Foster, SHIP Coordinator

The Mille Lacs Band State Health Improvement Program (SHIP) is partnering with the diabetes program and the fitness department to sponsor "Fresh-N-Fit Fridays," a new nutrition series that will encourage Band members to increase their consumption of fresh fruits and vegetables and set fitness goals. Healthy lunches will be served at the District I Community Center from noon to 1 p.m. every Friday in August.

One of SHIP's goals is to reduce obesity through improved nutrition and increased physical activity. These three departments have partnered up to present health-conscious options that are easy to incorporate into anyone's lifestyle.

Christine Kegg, diabetes nutrition education assistant, and I will offer organic food samples and present simple cooking tips and healthy recipes. Jim Ingle, fitness coordinator, will provide fitness evaluations and discuss training programs for those who may be interested in starting a new summer workout routine.

All of the wholesome food served during these sessions will come from the Band's community garden, Farm of Plenty (a local organic farm), or Grand Market.

Division I Champion to Run Volleyball Camp

Shelly Foster, Mille Lacs Band SHIP coordinator, will lead a three-day intensive volleyball camp for all tribal youth ages 10-17. The camp will be held at the District I Community Center on August 24-26 from 3-6 p.m.

Shelly played collegiate volleyball at Stanford University and was part of the Division I National Championship. Shelly has coached several youth teams throughout her career and has experience as a certified personal trainer.

Shelly was recently hired as the Mille Lacs Band SHIP coordinator. "I am very happy and thankful to have been hired as the SHIP coordinator, because it gives me an opportunity to address issues concerning Native health and wellness and also provides me with an avenue to connect with other departments and persons interested in fitness and nutrition," she said.

SHIP will sponsor healthy snacks for the event, and the diabetes program will provide a workout t-shirt for each participant. Jason Long, dean of students at Nay Ah Shing, will assist with this camp.

For more information or to sign up for the camp, call Shelly at 320/532-4163, ext. 2538.

Band Youth Fish With the Pros

Photo courtesy of Sarah Barten

Several Band youth spent the day fishing with four pro anglers.

Fourteen Mille Lacs Band youth recently spent the day fishing on Mille Lacs Lake with four pro fishermen. Gary Roach, who has been a Minnesota fishing guide and walleye tournament angler for the past 40 years, led the group along with three other fishermen.

At the beginning of the day, Gary and officials from the Mille Lacs Band Department of Natural Resources taught the youth about safety and legal issues related to fishing.

All of the kids received a fishing rod-and-reel package and a tackle box. This fishing gear was quickly put to the test when the fishermen took the kids out in their boats. The youth were taught how to find fish and how to properly cast their lines.

"I think it's so important to teach kids about fishing. This was a fun experience – and the kids' faces were priceless when they actually had a bite," Gary said.

Margaret Anderson Kelliher Meets With Tribal Leaders

Photo courtesy fo Elizabeth Scott

Leaders from several Minnesota tribes met with gubernatorial candidate Margaret Anderson Kelliher to discuss issues important to Indian Country. Participants included (front row from left to right) Molly Judkins, Gary Fuller, Nancy Wood, Sally Fineday, (back row from left to right) Elizabeth Scott, Jody Beaulieu, Kelliher, and John Dunkley.

Civic engagement leaders from several Minnesota tribes met with endorsed DFL gubernatorial candidate Margaret Anderson Kelliher on July 12. The group discussed issues important to Indian Country, including education, health care, gaming, and economic development.

Kelliher is well-versed in Indian Country affairs. While she was earning her master's degree in public administration from Harvard University's Kennedy School of Government, she took several courses on Indian law and related issues.

At the meeting, Kelliher committed to working and governing in coordination with Indian Country.

Kelliher is a candidate in the state primary election on Tuesday, August 10. If she wins the primary election, she will compete in the general election on Tuesday, November 2.

Native Comedian to Perform at Grand Casino Mille Lacs

Don Burnstick

Native American comedian Don Burnstick will bring plenty of laughter to the stage at the Grand Casino Mille Lacs Events & Convention Center on Thursday, August 19, at 7 p.m.

Burnstick is a Cree Indian from the Alexander First Nation, located outside of Edmonton, Alberta, Canada. The youngest of 15 children, Burnstick learned a variety of ways to defend himself, including the use of humor.

That trait has paved his way to success. Burnstick has established himself as one of Canada's best comedians. His highly acclaimed comedy show – "You Might Be a Redskin – Healing Through Native Humor," is a comedic performance that humorously portrays First Nations people and their habits, likes and dislikes.

In addition to comedy, Burnstick has been involved with the healing and personal wellness movement for the past 20 years. He wrote and individually performs the play, "I Am Alcohol – Healing the Wounded Warrior." In this play, Burnstick presents a gripping dramatization of the addictive power of alcohol, drugs, and other destructive forces that have plagued Native communities.

Tickets to Burnstick's comedy show on August 19, which cost $10, are on sale now. To purchase tickets, visit the Grand Casino Mille Lacs or Grand Casino Hinckley box offices, call Ticketmaster at 800-745-3000, contact any Ticketmaster outlet, or visit www.grandcasinomn.com.

Goals – and Three Jobs – Help Young Band Member Stay Focused on the Future

Toya Stewart Downey

Ben Sam

By Toya Stewart Downey

Many youth fill their summer days with fun, friends, and frolicking in the sun.

Ben Sam is doing all of that and more.

The 16-year-old Band member is working three part-time jobs that combined give him the opportunity to nurture his love of sports, physical wellbeing, and creativity.

Ben is trying his hand at journalism as an intern at the *Mille Lacs Messenger*, is coaching Little League Baseball for the second year, and is working in a weightlifting program called "Bigger, Faster, Stronger" at Onamia High School.

"I like staying busy," said Ben, who has worked since he was 14 years old.

He got his first taste of journalism at age nine, when he wrote an article that appeared in the *Great Lakes Indian Fish and Wildlife Commission* (GLIFWC) newspaper, and then was picked up by *Pastoral Life Magazine*.

He started in the working world as a volunteer at the Band's wastewater treatment plant and later as a paid employee in the Band's summer youth program. Volunteerism isn't new for Ben. He has enjoyed the opportunity to provide Elders with fish, deer meat, maple syrup, sugar cakes, wild rice, birchbark, basswood, and cultural crafts since he was a toddler. Today he is an avid fisherman and deer hunter.

Ben's summer job at Onamia High School is through the Band's summer youth program. His job at the *Messenger* is funded by the Pohlad Foundation Summer Youth Program. The Pohlad Foundation program began in 2004 to provide high school students with internship opportunities in the banking industry. Two years later, funding was added to include internships with newspaper and printing companies.

"I work a lot of hours each week, but I'm doing things I like to do."

Ben said he's participated in sports for so many years that coaching and working in the weightlifting program are natural fits for him. Writing for a newspaper is a new challenge.

"It's weird trying to write something from my notes that someone will want to read," said Ben, referring to the practice of interviewing sources, writing down what they say and think, and then having to cherry-pick information to create a newsworthy story.

The perks of his job at the paper are that "I like writing and I like meeting new people."

The first Band member to work at the *Messenger*, Ben had his first article published in June. Some of the topics he has written about include derby races, Little League, the Speed and Strength Fitness Program, cross-cultural summer school programs, DNR classes, fishing updates, and a summer play that features Nay ah Shing, Isle, and Onamia students. The biggest story that Ben is writing this summer provides youth perspectives on school consolidation – referring to the consolidation that Isle and Onamia are considering.

Already he is involved in Onamia High School's vocal group, has had leading roles in school musicals, and plays football, basketball and baseball.

"Of all three sports, I'm best at baseball, but I like basketball the most."

Ben said he is saving his summer earnings to pay off his snowmobile and add to his college fund.

He plans to participate in the state's Post-Secondary Enrollment Options (PSEO) program to give him a jumpstart on college.

He then plans to attend either the University of North Dakota, North Dakota State University, or perhaps St. Scholastica. Although he is thinking about a career in sports medicine and physical therapy, he is also giving some thought to journalism.

Ben said he would encourage any young Band member to look for opportunities that can help them grow.

"If you have a goal, go for it," he said. "Get involved with your community, and don't get distracted by drugs or alcohol. Don't let those things get in your way. Distractions can slow you down or get in your way. Stay true to yourself…that's the punch line of life."

Circle of Health Updates

By Circle of Health Staff

Dental coverage plans

If you have any upcoming dental work scheduled, make sure you call your provider to find out what services are covered and how much remains of your benefits. This will help you figure out what costs will be your responsibility.

Because dental plans are a type of coverage, they should not be considered insurance. All plans have a maximum amount, and once you reach this maximum amount, nothing will be covered by the plan. The fees incurred are not considered a co-pay or deductible and will not be paid by Circle of Health.

Minnesota Comprehensive Health Association (MCHA)

The Minnesota Comprehensive Health Association (MCHA) is a high-risk pool for Minnesota residents turned down by the commercial insurance market due to pre-existing health conditions. By Minnesota law, MCHA premium rates are set between 101% and 125% of the weighted average of comparable individual polices in Minnesota.

Circle of Health currently has 132 Band members on this plan. The MCHA coverage is considered private insurance by our standards, so these plans will be paid for a maximum of 12 months.

Each July, MCHA increases its rates, due in part to an increase in age. This may move you from one age bracket to another. The Circle of Health office will review each of your files to determine the use of your plan. A higher deductible plan option could bring significant premium savings to the program.

If you have any questions or would like to review your file, call our office at the numbers below. If we have reviewed your file and feel that you would be a good candidate to move from the low deductible to high deductible, we will send you a letter and form to complete.

Minnesota Care

Minnesota Care will send early update forms to Band members who are enrolled in the program in late July or early August. Because Minnesota Care requires an income verification form yearly to determine your eligibility, you may want to request that form from the per capita specialist now.

If you have any questions, please contact your claims processor, David Boyd (A-L) or Roberta Lemieux (M-Z), or Michelle Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Diabetes Program Updates

Free diabetes screenings available at powwow

Free diabetes screenings will be available at the Mille Lacs powwow on Saturday, August 21, from 9 a.m.-3:30 p.m. The Health and Human Services Department's diabetes team will screen blood pressure and glucose levels for people 21 years of age or older. Younger people can be tested with parental permission.

Blood glucose screenings can help identify those who have or are at risk for diabetes or pre-diabetes. Experts estimate that half of all people with diabetes are unaware that they have the disease. For example, at the June community health fair, 41% of the Band members who were tested and not previously diagnosed with diabetes had elevated blood glucose levels in the pre-diabetes or diabetes range.

Early detection of diabetes will decrease the likelihood of complications and related conditions, such as heart attacks and strokes. Studies have found that pre-diabetes can be reversed or delayed with lifestyle changes – including a healthy diet and exercise – if it is diagnosed early enough.

If you have any questions about the screening or diabetes in general, contact Sue Swanson at 320/532-4163, ext. 2527.

Diabetes class

The next diabetes education group class will be offered at the District I Community Center on Thursday, August 12, from 8:30 a.m.-4 p.m. The class will cover topics including healthy choices, diabetes medications, medical care, nutrition, and more.

Contact Arielle Beaulieu at 320/532-7852 to register by August 10.

Professional Boxing Returns to Grand Casino Hinckley

By Jim Erickson, Boxing Commission Executive Director

Fans will be treated to an intense night of action on August 6 when boxers vie for two World Boxing Organization/North American Boxing Organization (WBO/NABO) titles. The matches will be held at Grand Casino Hinckley at 7:30 p.m.

Chris Avalos (16-0 with 13 KOs) will defend his WBO/NABO Bantamweight title against Christopher Martin (18-0 with 5 KOs), a California State Super Bantamweight champion in the 10-round main event.

In the co-main event, Nigerian power-puncher Lateef Kayode (12-0 with 11KOs) will battle Alfredo Escalera Jr. for the vacant WBO/NABO Cruiserweight title.

Local fan favorite Andy Kolle will face rising star Javontae Starks, a former amateur national champion. Javontae is off to a fast start, racking up four KOs in his four starts since making his professional debut at Grand Casino Hinckley in November 2009.

The night will include three more bouts to be determined later. All bouts are subject to change.

Free Hearing Evaluations

To schedule an appointment for **Friday, August 13**, at Ne-Ia-Shing Clinic, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

AMVETS and Ladies Auxiliary Float Wins Trophies

Toya Stewart Downey

The AMVETS Post 53 and Ladies Auxilary float took home trophies from the Mille Lacs Powwow in 2009 and most recently at the Onamia Days parade in June 2010. Pictured above is Bette Sam, president, AMVETS Ladies Auxilary, with the trophies.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

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Please provide news tips and other information by the 15th of the previous month.

Tribal Noteboard

Happy August birthday to:

Rachel, 28 on August 2, with love from Kelly, Jay, Kellen, Mom, Taya, and Noah • **Taya Rose**, 10 on August 20, with love from Kelly, Jay, Kellen, Gramma, Mom, and Noah • **Sam Burr**, August 27, with love from Kelly, Jay, Kellen, Tracy, Rachel, Taya, and Noah • **Todd**, August 13, with love from Kelly, Jay, Kellen, Tracy, Rachel, Taya, and Noah • **Pinero**, August 5, with love from Karen, Gram AA, Val, Pie, Lil Kev, Brad, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Rae, Sharon, Wally, Melz, Rave, Brad Eric, Kristy, Brae, Peyton, Eric, Wesley Bruce, Jayla, Lili, Jay, Kate, Adam, Peeps, and Randi • **Shar**, August 6, with love from Karen, Gram AA, Val, Pie, Lil Kev, Brad, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Rae, Sharon, Wally, Melz, Rave, Brad Eric, Kristy, Brae, Peyton, Eric, Wesley Bruce, Jayla, Lili, Jay, Kate, Adam, Peeps, and Randi * **Kim and Brad**, August 15, with love from Valerie, Mariah, and Lil Kevin • **Jay**, August 16, with love from your sisters and bros • **Patricia Jones**, August 20, from Sandy, Erykah, Cheryl and kids, and Thomas • **Alisia**, 4 on August 22, from Mom, sisters, brother, aunty, cousins, and Grandma • **Shayna Dakota**, from your cousins in Minneapolis • **Masceo**, August 20, from your cousins in Minneapolis • **Tyrese**, 10 on August 20, from Gramma June, Papa Gushy, Dad, Ethan, Jazzy, Lydia, Charlie, Sam, Dan, Charles, Elvis, Hunter, Amber, Sunshine, Liz, Dylon, Leroy, Malerie, Keith, Chelsie, Sebastian, and Uncle Man • **Sam and Dan**, 14 on August 28, from Gramma June, Papa Gushy, Elliot, Ethan, Jazzy, Lydia, Charlie, Charles, Elvis, Hunter, Amber, Sunshine, Liz, Dylon, Leroy, Malerie, Keith, Chelsie, Sebastian, and Uncle Man • **Ethan**, 13 on August 29, from Gramma June, Papa Gushy, Elliot, Jazzy, Lydia, Charlie, Charles, Elvis, Hunter, Amber, Sunshine, Liz, Dylon, Leroy, Malerie, Keith, Chelsie, Sebastian, and Uncle Man • **Mickey Sam**, August 20, from Shawnee, Gabi, Phil, Nadine, Best Boy, Charlotte, PJ, Whitney, Renae, Leo, Nick, Papa Doug, and Chick • **Gabbi Jellum**, 8 on August 20, from Shawn, Mom, Troy, Alyssa, Ericka, Jacky PooPoo, Grandma Deb, Len, Carrie and family, Jeremy and family, Phil and family, and whole Harrington clan, Auntie LouLou, Cody, Fat Boy, and Emmy • **Lisa Sam**, August 8, with love from Auntie Niss, Deondre, Tina, Jose, Jim, Dana, David, Tanya, Sarah, Prince, Trinity, Jaylene, Matt Sr., Rainy, Matty, Valerie, Lil Jay, Way Way, and the rest of your family • **Jaylene Rose**, August 10, with love from Mom, Jim, Deondre, Tina, Jose, Dana, Dave, Tanz, Sarah, Prince, Trin, Rainy, Matty, Val, Lil Jay, Way Way, and the rest of your family • **Bunny**, August 20, with love from Niss, Dana, Jay, Jim, Dalene, and the rest of your family • **Dana**, August 31, with love from Mom, Jim, Deondre, Tina, Jose, David, Tanya, Sarah, Prince, Trin, Rainy, Matty, Val, Lil Niss, Lil Sis Jay, Way Way, and the rest of your family • **Dawn Habeck**, August 3, with love from Auntie Mary, Jerome, Brenda, Roland III, Mom, Dad, Jay, your children, and the rest of your family • **Timmy St. Clair**, August 5, with love from Auntie Mary, Jerome, Brent, Taryn, Brenda, Roland III, Ed, Miss Veronica, Matt Hunt, Chell, Baby Cam, Auntie Nan, Larry, Dad, and the rest of your family • **Brenda Bedausky**, August 9, with love from Mom, Dad, Lucas, Roland III, Jerome, Brent, Taryn, Auntie Nancy, Uncle Larry, Ed, Johnny B, Tim, Miss Veronica, Chell, Baby Cam, Fran, Trista, Paris, JR, Roberta, Maria, and the rest of your family • **Grampa Tarz**, August 8, from Judy, Rod, Val, Sam, Sara, Sunny, and the grandkids • **Dayaunna Nadeau**, August 3, from Gram, Grandpa, Mom, Morgan, Tani, Max, Sarah, Sunny, Val, and Cass • **Kyrah**, 12, August 13, with love from Dad, Mom, Laikora, Tourrie, and Bonz • **Sharon Pendegayosh**, August 6, with love from Phillip, Mickey, Nadine, Best Boy, Charlotte, PJ, Whitney, and Renae • **PJ Harrington**, August 5, with love from Mom, Dad, Nadine, Best Boy, Charlotte, Whitney, Renae, Nick, Leo, Papa Doug, and Auntie Chick • **Carmelena Mitchell**, 8, with love from Mama Bear, Royce, Sam, Luciana, Mataoe, and Keira • **Destiny Mitchell**, 8, from Carmelena, Mataoe, Mitchell, Sonya, Royce, Luciana, Keira.

Happy August birthday to Mille Lacs Band Elders!

Diane Barstow
Frances Benjamin
Clarence Boyd
Marlys Bushey
Karen Clark
Geraldine DeFoe
Wesley Dorr
Dorinda Garbow
Samuel Garbow Jr.
Barbara Goodman
Diana Guizar
Mary Harpster
Blaise Hill
Robert Houle Jr.
George Jackson
Patricia Jones
Doris Kegg
Lorraine Keller
Patrick Matrious
Andy Mitchell
Lynda Mitchell
Gerry Mortenson
Margaret Premo
Bruce Ray
Clara Sam
John Sam
Theresa Schaaf
William Schaaf
David Shaugobay
Frank Shingobe Jr.
Bernadette Smith
Janice Taylor
James Thomas
Richard Thomas Jr.
Sylvester Thomas
Barbara Toth
Michael Wade
Diane Wadena
Juanita Weyaus
Kenneth Weyaus

Congratulations

The **Pewaush family** would like to welcome home their new baby girl. Pam adopted Mariyah on July 8. Special thanks to the Mille Lacs Band Family Services Department. *From Pam, Steve, Dan, Steph, and Sam Pewaush.*

• • •

Congratulations to **Michelle Nickaboine Saice and Chico Saice,** who were married on May 14. Congratulations from your family. Thanks to Harold Davis, who cooked all of the food, and everyone who helped celebrate their day.

In memory

Gary Sam – Gone but not forgotten on your birthday – August 13. *With love, Auntie Niss, Jim, Deondre, Tina, Dana, David, Tanya, Sarah, Prince, Trin, Jay, Matty, Rainy, Valerie, Lil Jay, Way Way, and the rest of your family.*

Obituaries

Sherrilyn Marie Mitchell
Born – 5-26-1995
Died – 7-15-2010
Resided in Onamia

Recipe of the Month

Monkey Milkshake

By Christine Kegg, Nutrition Education Assistant

This is a meal in a glass. Even those who don't like milk will ask for more.

Ingredients

- 1 cup sliced strawberries
- 1 banana
- 1 cup nonfat (skim) milk
- 2 tsp. vanilla extract
- 3 ice cubes

Directions

Combine ingredients in a blender container. Blend until smooth and fluffy. Makes 2-3 servings.

Per serving

- 117 calories
- 5.2 g protein
- 24.6 g carbs
- 0.8 g fat
- 5% calories from fat

Bobby Anderson Wins Kickboxing Title

Photo courtesy of Bobby Anderson

Bobby Anderson scored a first-round knockout to win the pro world kickboxing championship. At one minute, 37 seconds, Bobby's opponent, Whitney Wadell, did not make the 10 count. Now Bobby is officially retired with three championships, including a world title. Special thanks to the Chief Executive's Office for sponsoring this title fight.

Nay Ah Shing Schools to Implement New Method of Teaching the Ojibwe Language

Toya Stewart Downey

Stephen Neyooxet Greymorning (left) explains his method of teaching Native languages. Brianna Boyd (right) was one of dozens of Band educators, Elders and leaders who attended Stephen's three-day training session at Grand Casino Hinckley.

By Toya Stewart Downey

Elder Dorothy Sam has long been concerned with the dwindling number of people who understand Ojibwe and speak it fluently. There was a time, she said, when many first speakers weren't using the language or teaching it to their families.

"We were so busy surviving…trying to put food on the table that even the first language speakers didn't talk the language to their children."

Or if they taught Ojibwe, it was the words for simple things like numbers, colors and animals.

That's why Dorothy, other Elders, educators, and first speakers are thrilled about a promising new teaching method that could help preserve the language. Developed by Stephen Neyooxet Greymorning, professor of anthropology and Native American studies at the University of Montana, the method uses photos, images, and students' sense of association to help them learn the language. He spent three July days in Hinckley sharing his method, called Accelerated Second Language Acquisition with Band educators.

"We're still flying high about it," said Dorothy. "When I first saw this method, I fell in love with it."

Ruth Garbow, who teaches middle school and some high school classes, isn't a fluent speaker, but she knows a lot of the language and is often able to understand what's being said.

"I thought it was great. If it's going to help our students, I'm all for it," said Ruth, who has been teaching for five years. "I've tried to make it [the language] fun for them, but sometimes it's frustrating, because our language is complicated. Sometimes students just don't get it."

Attending the workshop provided Ruth with new tools that she can use in her classroom to help students learn Ojibwe.

That's exactly what Dorothy, Joe Nayquonabe Sr., and Josh Maudrie, the Band's director of higher education, hoped for when they were introduced to Accelerated Second Language Acquisition in February.

"This is one of the most profound and exciting things in language revitalization," said Josh. "If we use this method, it will produce fluent language speakers. It's proven."

Joe began using the method at the Band's tribal college this spring. He was so impressed by his students' progress that he shared the method's success with the Nay Ah Shing school board. Now educators at both the upper and lower schools are planning to use this method.

"The ultimate goal is to produce young fluent speakers, and this method gives the Band a better chance of accomplishing that than our current method," said Syngen Kanassatega, the Band's language policy analyst.

"Right now, pre-school to fourth-grade students learn the names of animals and colors, while the fifth-graders to seniors learn the language from a text book," he said. "Oftentimes, the material we teach is from a dialect that is slightly different than ours. For example, a word may mean one thing to an Ojibwe tribe in Michigan but might mean a completely different thing here in Mille Lacs."

This method gives us the opportunity to teach the language in a completely different way, Syngen said. "While many languages are taught from textbooks, this method does not require any textbooks."

Instead, it enables instructors to teach the language through pictures and emphasizes speaking and repetition. For instance, learners see an object in a picture and make the visual connection between that object and its Ojibwe word.

"This is more effective than seeing the English word on paper and translating it, because learners see the contents of the pictures in everyday life. It also eliminates the dialect issue, because we will be teaching through these pictures in our dialect," Syngen added.

By the end of one school year, Syngen said he expects that students will be able to see a situation in a picture and describe exactly what is happening in the picture. For example, they could see a picture of two kids playing and be able to describe what the kids are wearing, where they are in relation to each other, their emotions, and more.

Also, he added, it gives the Band the foundation for a potential Ojibwe immersion school where students will learn all subjects in Ojibwe rather than one subject on Ojibwe.

"If all students will be able to describe real-life situations in Ojibwe after one school year, imagine where they could be after four," Syngen said. "Imagine where our preschoolers will be by the time they graduate high school."

Mille Lacs Band Commissioner of Education Dennis Olson said the schools will fully implement the strategy and teaching method this upcoming school year.

"We look forward to positive results in how our youth use, speak and retain the Ojibwe language," Dennis said. "This has been one of the main goals for the community's youth for so long, and hopefully this will help us produce fluent speakers to keep the language alive."

Elaine Sam, who works in the Nay Ah Shing behavior room for grades 5 through 12, is also sold on the method. She started taking language classes at the tribal college and is excited to be retaining what she has learned.

"I'm excited to see the outcome for our kids," Elaine said. "School hasn't started yet, and I'm ready for the end of the year so I can see how they retain the language."

So is Dorothy, whose sister, Mildred "Zhaawan" Benjamin, used a similar method in teaching Ojibwe. "Zhaawan used objects instead of pictures, so when I saw Professor Neyooxet's method, I said, 'This is what Zhaawan was doing'," said Dorothy.

Neyooxet Greymorning began developing Accelerated Second Language Acquisition in 1998. More than 40 Native communities throughout the United States, Canada, and Australia are using this method.

Upcoming Events at the Mille Lacs Indian Museum

Loom beading workshop

Participants will learn through hands-on experience the art of loom beading from Mille Lacs Band member Ruth Garbow. This two-day workshop will be held at the Mille Lacs Indian Museum on August 14 from noon to 4 p.m. and August 15 from 10 a.m. to 2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional $10 supply fee.

Registration is required by August 11. A minimum of five participants is required for this workshop.

Porcupine quill jewelry workshop

Come learn to make necklaces, earrings, and hair ties out of quills during this two-day workshop. The classes will be held at the Mille Lacs Indian Museum on September 11 from noon to 4 p.m. and September 12 from 10 a.m. to 2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional $10 supply fee.

Registration is required by September 8. A minimum of five participants is required for this workshop.

A light lunch and refreshments will be provided at both events.

Please call 320/532-3632 to register for these classes.

Calendar of Events

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 **Talking Circles** The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	6 **Grand Friday Night Fights*** Grand Casino Hinckley 7:30 p.m.	7
8	9 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** Grand Casino Mille Lacs 6 p.m. Contact: Ken Weyaus, 320/309-6925	10 **State Primary Election**	11	12	13	14 **Loom Beading Workshop** Mille Lacs Indian Museum 12-4 p.m.
15 **Loom Beading Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m. **Peter Frampton*** Grand Casino Hinckley 6 p.m.	10	17 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	18 **District III Community Meeting** Grand Casino Hinckley 5:30 p.m. Contact: Monica Benjamin, 320/384-6240	19 **Talking Circles** The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046 **Don Burnstick*** Grand Casino Mille Lacs 7 p.m.	20 **Mille Lacs Band Traditional Powwow** Grand Entry 7 p.m.	21 **Mille Lacs Band Traditional Powwow** Grand Entries 1 & 7 p.m.
22 **Mille Lacs Band Traditional Powwow** Grand Entry 1 p.m.	23 **All government offices closed for Mille Lacs Day**	24	25 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	26 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	27 **Dick Fox's Golden Boys*** Grand Casino Mille Lacs 7 p.m. both nights	28
29	30 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	31 **Nay Ah Shing Schools First day of school**	September 1 **Head Start First day of school**	2 **Pine Grove Leadership Academy Open House** 1-3 p.m.	3 **All government offices closing at noon**	4
5	6 **All government offices closed for Labor Day**	7 **Pine Grove Leadership Academy First day of school**	8	9	**To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com**	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**

Why Is It Important to Vote in the State Primary?

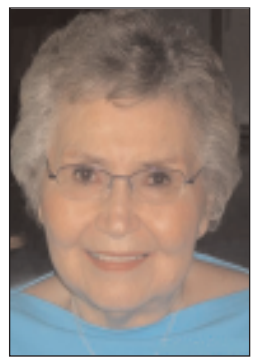
Arlene Weous

"The state primary affects our Band members' lives, the lives of their children, grandchildren, and our future generations."

Alvina Aubele

"It's an important process so we, the voters, can differentiate candidates and choose the right person for our community."

Carol Towle



"It's important to vote because it's the beginning of the process where you decide which candidate you will support in the general election."

Syngen Kanassatega

"It represents your views and opinions about how you want government to work for you."

Elizabeth Scott

"Its important to vote because it's our voice in the political process."

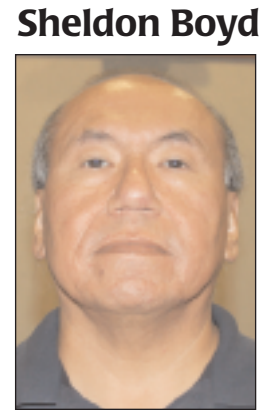
Jamie Edwards

"Voting is a civic duty that should not be taken lightly. Primary elections are the way we deicde which candidates will go on to the general election. Some elections do not have competitive primary races. This year the race for governor in Minnesota is competitive, with several democrats battling to face Republican candidate Tom Emmer."

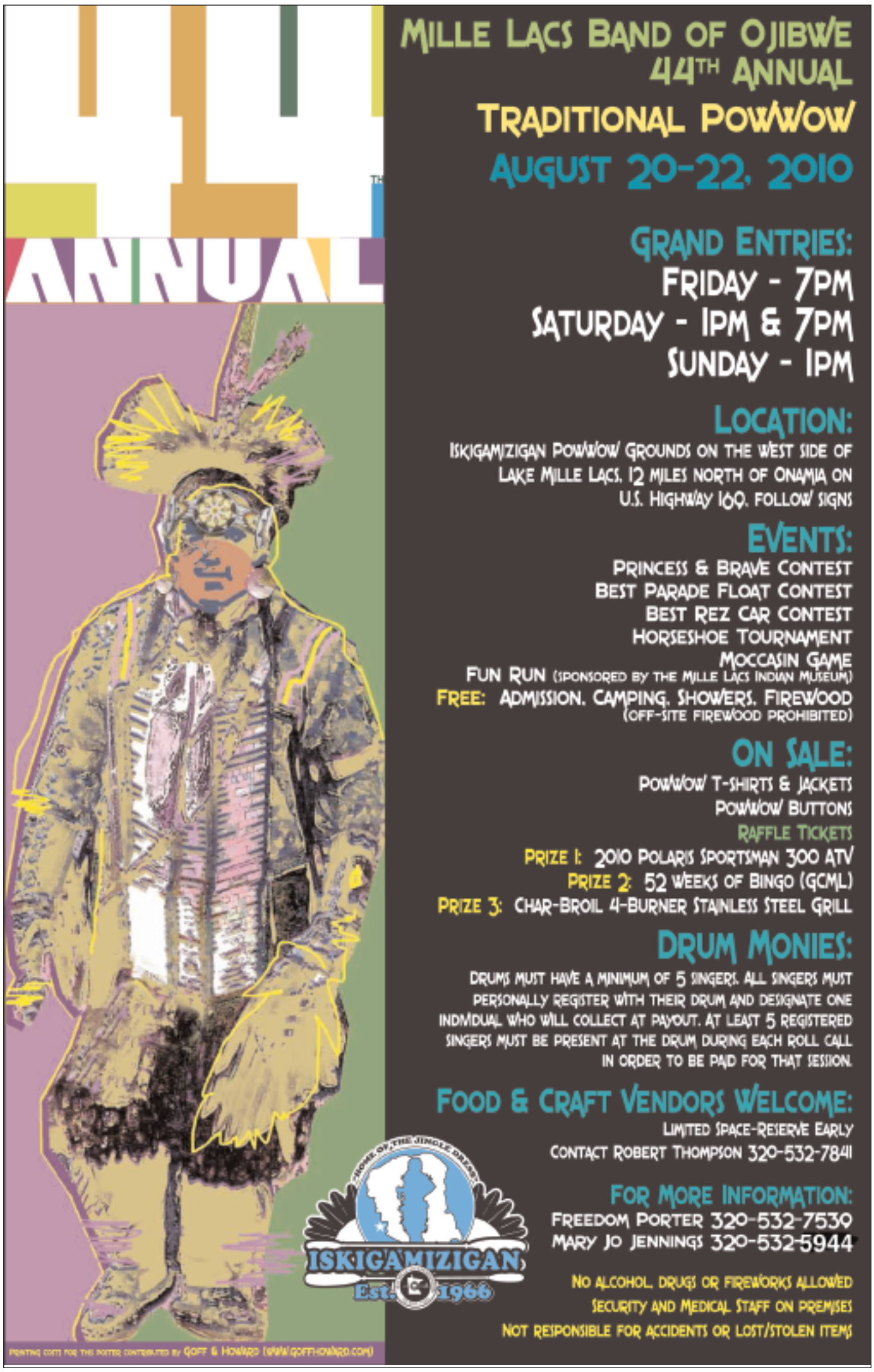
Mel Towle

"It's important because the position state elected officials take on issues could have a significant impact on Band members. For example, expansion of state and/or commercial gaming in Minnesota is a topic that surfaces every year. Band members should understand the position candidates take on this topic and understand what the impact of that position would be on the Band and its members."

Sheldon Boyd



"It's important to me because in the early '60s, my mother stormed down to the public school because a teacher told my little brother he couldn't be President of the United States. My mother would come poke us with her cane to get us to vote, because we are somebody."



The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

September 2010 *"The story as it's told."* Volume 12 • Number 9

"FBI" (Fry Bread Inspectors) Monitor Powwow Vendors

Toya Stewart Downey

Kyrah Thompson (left) and Sierra Churchill (right) sampled fresh fry bread. The girls kept a score sheet to keep track of each fry bread vendor. They judged on color, taste and fluffiness and wrote down comments about each piece of fry bread they sampled.

By Toya Stewart Downey

Finding the perfect fry bread is serious business for two young Band members who recently spent time taste-testing one of their favorite traditional foods.

The girls, Kyrah Thompson and Sierra Churchill, attended the 44th annual Mille Lacs powwow in August not only to see the dancing, hear the songs, listen to the drums, and visit friends but to sample the fried delicacy to determine who prepared the best breads.

"Sierra and I were talking one day and we said maybe we should be fry bread inspectors so we can get free fry bread," said Kyrah, 12. "So we wrote a letter to the Chief and asked her to let us do it at the powwow."

Chief Marge Anderson granted the seventh graders at Hinckley Finlayson High School permission to test fry bread from the vendors at the powwow. She even went a step further and provided them with name badges, "FBI hats", and turquoise blue t-shirts that read "Fry Bread Inspector" with their names and the Band's logo on them.

The girls also acted as Fry Bread Inspectors at the Hinckley powwow earlier in the summer. There, they sampled the goods from four different vendors. "It's a good job, and it's fun," Sierra said.

At the Mille Lacs powwow, as they approached each booth, sometimes a bit timidly but certain in their purpose, Kyrah provided the introductions and told each vendor about their mission.

In return they each got a fresh piece of fry bread from the six different vendors at the event.

As they waited for it to cool, they examined its color to make sure it was perfectly golden brown. Then they tore into each piece ready to savor each bite.

After the initial tasting they filled in the blanks on their score sheets by filling in the boxes that asked for the vendor's name, the taste, color, fluffiness, and additional comments.

For one unnamed vendor Kyrah wrote, "kind of greasy, but good." For another, she judged the color by writing, "evenly cooked on both sides, dark color, kind of brown." Or, "When fresh and hot, a good deal."

Sierra was more general in her comments by writing, "really good, nice, good color, and tastes good so far." "The secret to good fry bread is it should be fluffy and kind of warm," said Sierra, 13. "It's hard to say how to make the best fry bread, but I think it's the people who make it and how they do it."

Then, after all the tasting was done, and their bellies were full, the girls compared notes and determined the winner. While there were no prizes or cash, the winner was offered bragging rights by the fry bread inspectors.

For Kyrah and Sierra the joy of sampling one of their favorite foods was a good way to spend their time at the powwow. "It's a job that doesn't require a lot of work, and we get to eat good fry bread all day," Kyrah said.

"We can't ever get tired of eating fry bread," Sierra added.

Native Vote Strongly Represented in Primary Election

American Indians were well represented at the primary election on August 10. According to the Minnesota Secretary of State, more than 15% of Minnesota's eligible voter population of 3.8 million cast ballots. But, American Indian turnout rates were as high as 30% in some precincts. More than 1,000 Band members voted in the election.

The following are the American Indian turnout rates for Mille Lacs Band precincts:

- Barry Township: 19.2%
- Cloquet Ward 4: 22.3%
- Cloquet Ward 5: 13.9%
- Hinckley: 19.4%
- Isle: 18.6%
- Kathio Township: 12.6%
- Ogema Township: 21.2%
- Onamia Township: 19.3%
- Roosevelt Township: 30.0%
- South Harbor Township: 21.8%
- Spalding Township: 21.2%

Following a highly contested state primary race, the gubernatorial field was narrowed from 13 to three candidates. Mark Dayton is the Democratic candidate, Tom Emmer is the Republican candidate, and Tom Horner is the Independence candidate.

(Continued on page 3)

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Community Celebrates National Night Out

Toya Stewart Downey

Mille Lacs Tribal Police Officer Tim Kintop shows Band members the inside of his police car during National Night Out on August 3. Several emergency vehicles were on display at the event, including an ambulance, fire truck and squad car.

By Bugs Haskin

A barbeque, inflatable carnival, and ambulance rides set the stage for the Mille Lacs Band's first National Night Out event on August 3. The Mille Lacs Tribal Police Department partnered with Nay Ah Shing to sponsor the event.

Several emergency vehicles were on display at the event, including three Garrison Fire Department trucks, an Onamia ambulance, and several tribal police squad cars. Attendees were able to climb aboard, check out the equipment, sound the sirens, and even take a ride on a stretcher. The tribal police also gave tours of the police department.

Chief Executive Marge Anderson, District I Representative Sandi Blake, Solicitor General Barbara Cole, and Commissioners John Dunkley and Dennis Olson attended the event.

During the evening, Dennis Olson, Commissioner of Education, led a moment of silence in memory of community members who have been lost due to violence, alcohol abuse, or substance abuse. He thanked those in attendance for supporting the efforts to bring the community and law enforcement together to stand strong against crime.

National Night Out, "America's Night Out Against Crime," was introduced in 1984 by the National Association of Town Watch (NATW), a nonprofit crime prevention organization. The program is the brainchild of NATW Executive Director Matt A. Peskin, who wanted to create an opportunity for communities to promote partnerships between the police and the community, prevent crime, and develop a sense of neighborhood camaraderie.

"While one night is certainly not the answer to crime, drugs and violence, National Night Out does represent the kind of spirit, energy and determination that is helping to make many neighborhoods safer places throughout the year," Matt said. "It is a night to celebrate safety and crime prevention successes – and to expand and strengthen programs for the next 364 days."

More than 12,000 communities around the country were expected to take part in this year's event, which is held annually on the first Tuesday in August.

Plans are already underway to make next year's National Night Out event bigger and better.

Tribal Police Officer Josh Kimball, Nay Ah Shing Athletics and Activities Director Bugs Haskin, and coordinators of the 2010 National Night Out event want to thank the following people for their participation:

- MLB elected and appointed officials
- Sid Lucas, public safety department
- Tribal police officers
- Deb Foye, nutrition coordinator at Nay Ah Shing
- Garrison Fire Department
- Mille Lacs Health Care for the Onamia ambulance
- Bernick's
- Grand Casino food and beverage department
- Cheryl Miller, Nay Ah Shing School board member
- Brad Carlson of Minnesota T's
- Rick Moody, American Entertainment
- Ben Lauser, KCLD radio
- Mille Lacs Band public works department
- Angel Oehrlein, executive assistant for the administration department

2010 Mille Lacs Band Traditional Powwow

From left to right: Dallas Anderson Jr., Sr. Brave, Wyatt Sam, Jr. Brave, Jasmine Schwensen, Jr. Princess, and Corrine Locke, Sr. Princess were named 2010-2011 Mille Lacs Band powwow royalty.

The flags were presented at the Mille Lacs Band Traditional Powwow.

Band member Darrell Sam shows off his regalia at the powwow in August.

Mille Lacs Band members Darcie Potter and her son, Eldayshun Day, prepare for the grand entry.

Shelly Foster, SHIP coordinator, checks a young girl's blood pressure at the Diabetes Team's booth. The Diabetes Team provided free diabetes screenings at the powwow.

All photos courtesy of Steve Premo

Primary Election

(Continued from page 1)

Following are the statewide results of the gubernatorial primaries:

Democratic-Farmer-Labor Party (DFL)

- Mark Dayton and Yvonne Prettner Solon: 41.33%
- Margaret Anderson Kelliher and John Gunyou: 39.75%
- Matt Entenza and Robyne Robinson: 18.21%
- Peter Idusogie and Lady Jayne Fontaine: 0.71%

Independence Party

- Tom Horner and James Mulder: 64.24%
- Rob Hahn and Thomas Harens: 14.33%
- John Uldrich and Stephen Williams: 9.97%
- Phil Ratte and Gayle-Lynn Lemaster: 6.86%
- Rahn Workcuff and Mark Workcuff: 4.60%

Republican Party (GOP)

- Tom Emmer and Annette Meeks: 82.48%
- Bob Carney Jr. and William McGaughey: 7.56%
- Leslie Davis and Gregory Soderberg: 6.59%
- Ole Savior and Todd Anderson: 3.37%

For more information about the state general election, which will be held November 2, visit www.millelacsband.com.

Youth Participate in First Civic Camp

Toya Stewart Downey

Sally Fineday, Native Vote Alliance of Minnesota executive director, and Band members Scotty Matrious (left) and Ronald Hardheart (right) practiced how to door-knock at Native Vote Alliance of Minnesota's Youth Civic Camp. Door-knocking is one tactic that Native Vote Alliance of Minnesota uses to encourage voter participation.

Five Mille Lacs Band youth participated in Native Vote Alliance of Minnesota's first annual Youth Civic Camp last month.

At the camp, youth learned about Ojibwe history and culture and the importance of American Indians' participation in public policy that affects tribal communities.

"Native Americans are often under represented at the polls. The camp is a great way for kids to learn the importance of civic participation at a young age," said Elizabeth Scott, chair of Native Vote Alliance of Minnesota and the local community organizer for the Mille Lacs Band's government affairs department.

The week-long camp was mostly held at the Ojibwe language camp in Rutledge, Minnesota. Campers also took a field trip to visit the White Earth Land Recovery Farm to School Project.

While at White Earth, participants had the opportunity to learn about the tribe's renewable energy projects and toured the construction site of a new windmill.

Campers were youth ages 10-15 and included Mille Lacs Band members Sage, Ronald, and Donovan Hardheart and Angie and Scotty Matrious.

The camp, which was partially funded by a grant from the Honor the Earth Foundation, will be offered again next year.

Community Forum Begins Healing Process

On July 17, 19-year-old Mille Lacs Band member William Nickaboine was murdered on the Mille Lacs Reservation. Two other young Band members have been charged with his murder.

As the community grapples with William's death and the concerns of gang violence on the reservation, tribal elected officials hosted a gathering to begin the healing process and share ideas to help address the problem.

About 500 people attended the gathering held at the Grand Casino Mille Lacs Events & Convention Center on August 4. The meeting began with a tobacco offering and remarks by Mille Lacs Band Elders Herb Sam and David Matrious. Throughout the event, grief counselors were available to help individual Band members. Band members were encouraged to submit comment cards describing their concerns and ideas to improve the community.

After attendees shared a meal, Mille Lacs Tribal Police Chief Dwight Reed gave an account of the crime that occurred. He thanked the community and the other law enforcement agencies involved for helping to resolve the crime so quickly.

Mille Lacs County Sheriff Brent Lindgren spoke about the benefits of working together. He said that 80 percent of 9-1-1 calls are now made via cell phone. Because of this, he said it is very important that people calling 9-1-1 provide basic information including their phone number and address, so that law enforcement has the information they need to get to them quickly.

The final portion of the gathering was facilitated by Vivian Jenkins Nelsen, who is a well-respected professional facilitator. Vivian read through about 100 comments from Band members that had been collected throughout the evening.

Many of the comments shared common themes. Ideas included:

- Creating more positive and healthy activities for kids on the reservation
- Practicing traditional cultural activities with youth
- Teaching kids the Ojibwe language
- Holding parents more accountable for the actions of their children
- Banishing or financially penalizing people who break laws
- Expanding community programs, including drug and alcohol treatment and support
- Creating a gang task force
- Nurturing people's respect of each other and the reservation

After the comments were read, Band members were invited to address the audience at an open microphone. Attendance at the event dwindled at this point. Yet many people took advantage of the opportunity to voice their thoughts, fears, emotions and hopes.

Chief Executive Marge Anderson closed the four-and-a-half hour meeting by saying that the event was only the first step in the healing process and that the conversation would continue in the coming months.

Organic Community Garden Grows

By Shelly Foster, SHIP Coordinator

Members of the SHIP program would like to thank everyone who helped plant the organic community garden, especially Farm of Plenty, the organic farm that donated all of the seeds, plants and consultation necessary to start our own organic community garden.

We would also like to thank the Earthworks crew, the Lake Lena Sawmill guys, and the clinic maintenance team for helping us build the raised garden beds. Chi mii gwech to everyone who helped to make this challenge a big success.

Band Assembly Welcomes New Employees

In addition to welcoming new elected officials, Band Assembly hired two new employees this summer. Following is more information about each person on the legislative staff and their duties.

Darla Roache

Toya Stewart Downey

Darla Roache started her new position as legislative office manager at the beginning of August. She most recently worked for the tribal court. Darla oversees the operation of the legislative office and provides administrative support for Secretary/Treasurer Curt Kalk.

Darla can be reached at 320/532-7536.

Eloise Wind

Toya Stewart Downey

Eloise Wind started her new position as receptionist and legislative aide in early July. She answers phones, greets visitors, and performs other office tasks.

Eloise can be reached at 320/532-7428.

Sarah Crannell

Toya Stewart Downey

Sarah Crannell continues to serve as a legislative assistant. She assists people with minor trust hardship applications and helps draft appropriation bills, resolutions, and meeting minutes.

Sarah can be reached at 320/532-7422.

Elaine Smith

Elaine Smith continues to serve as legislative counsel. She handles the legal work for the legislative branch of government, including drafting and amending Band statutes.

Elaine can be reached at 320/532-7421.

Sylvia Villebrun

Sylvia Villebrun continues to serves as the parliamentarian/ clerk of assembly. She schedules Band Assembly meetings drafts appropriation bills, resolutions, and minutes.

Sylvia can be reached at 320/532-7420.

Paraprofessional Position – Minisinaakwaang Leadership Academy (K-6)

Minisinaakwaang Leadership Academy is accepting applications for a special education paraeducator. This position will be in the elementary area and could include one-on-one interaction with students depending on the candidate's qualifications. A paraprofessional certification is desired but not required. Applications will be accepted until the position is filled.

Please send a cover letter, resume, and references to:

Noah Johnson, Director

Minisinaakwaang Leadership Academy

20930 367th Lane

McGregor, MN 55760

Interested parties may also direct inquiries to noah.johnson@mlacademy.org or by phone at 218/768-5301.

Widespread Frustration Over Delay in Nelson Act Settlement Payments

What ever happened to the Nelson Act settlement?

This is a common question heard by Mille Lacs Band elected officials, and a lingering source of frustration for both Band officials and Band members.

In 1999, the Court of Federal Claims ruled to reimburse the Minnesota Chippewa Tribe for damages resulting from the Nelson Act of 1889, through which the tribe ceded some reservation lands to the federal government, the government sold the land in parcels, and the tribe was supposed to receive the proceeds from the land sales. The Nelson Act also required that ceded reservation lands could not be sold to non-Indians until land allotments had been made to tribal members.

The federal government did not deliver on its promises, and more than 100 years later, it was finally held accountable. The federal court's ruling led to the creation of a $20 million trust fund account to reimburse the Minnesota Chippewa Tribe.

But that settlement money (plus millions more in interest earned on the fund over the past decade) has yet to be distributed.

Reasons for the delay

There have been several reasons for the delay, starting with disagreement within the Minnesota Chippewa Tribe about how the settlement should be distributed amongst the six bands that make up the tribe.

The Minnesota Chippewa Tribe was the only party instituting the Nelson Act litigation and the only party entering into the settlement agreement with the federal government. All decisions made by the Minnesota Chippewa Tribe were decided by its governing body, the Tribal Executive Committee (TEC). During this time, the costs were shared on a one-sixth basis.

The TEC originally voted to split the settlement evenly. But White Earth reversed its position after the vote, arguing that the settlement should be distributed on a per capita basis. In other words, the amount each band would receive would be based on its population – the more members, the greater that band's share of the settlement.

Later the Leech Lake Band presented its own plan, indicating that the Leech Lake Reservation lost more land than any of the other bands due to the Nelson Act. It claimed that Leech Lake had lost 69% of the total reservation resources and should therefore receive 69% of the settlement.

Meanwhile, U.S. Representatives Collin Peterson and Jim Oberstar had drafted opposing legislation on the issue – Peterson's revolving around per capita distribution, and Oberstar's supporting an equal split as approved by the TEC. Congressional approval is required before the settlement funds can be distributed.

In 2008, Rep. Peterson told Minnesota Public Radio, "If you have two senior members like us on opposite sides, the reaction around here [in Congress] is to do nothing…" (July 22, 2008).

White Earth eventually compromised, leading to a TEC resolution calling for part of the settlement to be distributed on a per capita basis, and part of it to be split evenly among the six bands. Leech Lake did not agree to this plan, but later indicated that it would withdraw its opposition to the resolution if the TEC would support Leech Lake's efforts to manage the Chippewa National Forest through a self-governance demonstration project. The TEC agreed.

Over the past year, Leech Lake has again wavered, indicating that it would only support the TEC's Nelson Act settlement distribution plan if it secures approval for the self-governance demonstration project to manage the forest. This has made any movement toward Congressional action on the distribution very challenging.

However, the TEC resolution to make the distribution partially on a per capita basis and partially on an equal basis is the clear position awaiting Congressional approval. This resolution is not contingent on Leech Lake securing its self-governance demonstration project.

How you can help

The Mille Lacs Band continues to lobby for Congressional movement on this issue. Band members can voice their support for action on the distribution payments by calling or writing to their members of Congress.

If you live on or near the Mille Lacs Reservation, Rep. Oberstar is likely your Congressman. His contact information follows:

Phone: 202/225-6211

Fax: 202/225-0699

E-mail and mail: Access through Oberstar.house.gov

You may also call 202/224-3121 or visit contactingthecongress.org to find your Congressperson's contact information.

Young Band Member Strives for the Best

Photo courtesy of Connie Kevan

Naomi Weyaus

By Toya Stewart Downey

For Naomi Weyaus, the motivation to lead a productive life came from within.

Throughout her life, the 18-year-old Band member saw some people around her, including family members, making poor lifestyle choices and determined at a young age that she would do it differently.

"Seeing those around me who didn't work hard made me decide to do the best that I could," she said. "I saw people who weren't doing well, and weren't making good choices, and I didn't want that."

Even when her peers tried to pressure her, Naomi didn't smoke, drink, or try drugs. Instead she'd try to encourage her friends not to indulge in destructive behaviors.

"My favorite quote and one I live by says, 'A fool learns from his own mistakes, but a wise man learns from others' mistakes.'"

This spring Naomi graduated as salutatorian from Onamia High School and this month she starts her life as a college freshman at Marquette University in Milwaukee.

"I looked at a lot of schools, but I liked Marquette the best," she said. "My older sister, Tala, graduated from there too and she liked it so that was half the reason I chose it."

Her sister still lives in Milwaukee, so Naomi will be close to family, yet still be on her own.

She's still deciding what her major will be, but is considering meteorology, theology, and perhaps journalism.

Naomi got her first taste of the journalism industry as a summer intern at the *St. Cloud Times*. "I've always known I liked to write and I was pretty good at it," said Naomi, who worked at the paper for six weeks.

"I'm a curious person and I've always asked a lot of questions because I wanted to know more," she said. "I didn't realize I was actually doing what journalists do until I was at the paper."

The best part, she said, was meeting new and interesting people. "I'm sure I got the coolest summer job," she said. "It was really fun, and I'm so happy I did it."

The internship was offered through the Upward Bound program that Naomi participated in during high school. Through the program, Naomi earned a college credit in English, as well was gained other social and academic skills that will serve her well at Marquette.

"I was already a good student, but joined because we earned money to get good grades, but honestly, I would have done it whether they gave us money or not. It's a chance to make new friends, learn about college options, and you get to travel to visit colleges," said Naomi.

Then, of course, there's the summer work program that provides students with the opportunity to work in a variety of settings. Naomi is already planning to work with Upward Bound as a tutor and mentor during the summers while she's in college.

Besides excelling academically, Naomi is also a talented musician. She has played the trumpet since sixth grade and has been in several school bands including the pep, marching, concert and jazz bands. Her favorite was jazz band.

Through band and Upward Bound, Naomi has been able to travel around the country the past few years and was thrilled to see the Atlantic Ocean for the first time this summer. Recently, she's made stops in South Carolina, North Carolina, and Chicago. She's been to Memphis, Nashville, Washington, D.C., and South Dakota.

"I like seeing new places and maybe someday I'll go live in other countries. Maybe I'll write for *National Geographic*."

Naomi's dream career is to be a fiction author who travels around the world or to write for a travel magazine.

Naomi is an avid reader and loves science fiction books. Her other passion is anime – the Japanese cartoon craze that has become wildly popular throughout the United States. She has even attended two anime conventions dressed in costume.

Naomi knows that everyone has to determine their own path, but she offers this encouragement to others, especially young people. "You have to work hard and sometimes it's not going to be easy, but you have to decide what you want your life to be," she said. "It's never too late to make positive changes."

Public Health Updates

Vanessa Regguniti, Rocky Dorr, Alia Dorr, and Patricia Regguniti participate in the first "Live It" retreat sponsored by the Public Health Department.

"Live It" retreat

The first "Live It" retreat was held at the language and cultural grounds in Rutledge on August 12-13. The retreat, which was sponsored by the Public Health Department, focused on teen pregnancy prevention.

The group discussed several topics, including sexually transmitted diseases, pregnancy prevention, and healthy relationships. Special emphasis was placed on taking care of the whole being – the spirit, mind, body and heart.

The Public Health Department would like to thank Larry Smallwood and the language and cultural grounds staff for their help in making the retreat successful. Also, the department would like to thank June Evans and Karen Boyd from the Women's Project for sharing information about warning signs in relationships.

Mammography unit

The mobile mammography unit will visit each district in September. Sign up for a mammogram at each location. Contact Mary Thompson at 320/532-4163, ext. 2502 for more information.

- Ne-Ia-Shing Clinic from 9 a.m.-4:30 p.m. on September 27
- East Lake Community Center from 9 a.m.-4:30 p.m. on September 28
- Aazhoomog Clinic from 9 a.m.-3 p.m. on September 29

Family Boat Launches

Secretary/Treasurer Curt Kalk is sponsoring boat launches for Mille Lacs Band families at Eddy's Lake Mille Lacs Resort on Mondays and Thursdays in September. The launches, which are first-come, first-served, will be held September 2, 6, 9, 13, 16, 20, 23 and 27 from 5-9 p.m.

The launches are a drug- and alcohol-free event. Please bring your own food and beverages as they will not be provided. Dress accordingly for the weather, especially because it can get cold on the lake.

For more information, contact the legislative department at 320/532-7428.

State, Federal Representatives Discuss Track Records

Band members talked recently with state and federal elected officials who represent the District III area about their accomplishments on behalf of Indian Country. The informal discussion was held during the District III community meeting on Wednesday, August 18.

Joe Elkinson, a staffer from Congressman Jim Oberstar's office, shared information about several bills that Oberstar supported during the past year. He helped pass the health care reform legislation, which includes the Indian Health Care Improvement Act; the Tribal Law and Order Act which helps the federal government better address the unique public safety challenges that confront tribal communities; and the American Recovery and Reinvestment Act, which provides funds for transportation and construction jobs.

State Representatives Bill Hilty and Tim Faust both said they were against gaming expansion. Rep. Hilty mentioned that he has never voted for any gaming expansion legislation in the 14 years he has been in office.

Congressman Oberstar and State Representatives Hilty and Faust are up for reelection during the general election on Tuesday, November 2.

For more information about the candidates and the District III community meeting, contact Mille Lacs Band Local Community Organizer Elizabeth Scott at 320/384-4661.

Upcoming Events at the Mille Lacs Indian Museum

Porcupine quill jewelry workshop

Come learn to make necklaces, earrings, and hair ties out of quills during this two-day workshop. The classes will be held at the Mille Lacs Indian Museum on September 11 from noon to 4 p.m. and September 12 from 10 a.m. to
2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional $10 supply fee.

Registration is required by September 8. A minimum of five participants is required for this workshop.

A light lunch and refreshments will be provided at both events.

Please call 320/532-3632 to register for these classes.

Learn how to process wild rice

Watch museum staff process wild rice the traditional way, including how to dry, parch, thresh and winnow the wild rice. Visitors will see the finished product. Twenty-minute presentations every hour from noon to 3 p.m. every Saturday in September. The free demonstrations are outdoors and do not include museum admission.

Aazhoomog Community Multi-Family Sale

- **Where**: Aazhoomog Community Center Parking Lot, 45749 Grace Lake Road (County Road 173)
- **When**: Saturday, September 18
- **Time**: 8 a.m.-4 p.m.
- **Directions**: 25 miles east on Highway 48 from Hinckley, take a left on County Road 173, 4.5 miles to community center.

All Band members are welcome to set up tables.

Please contact Gloria St. John at 320/384-6240 if you have any questions.

Introducing the Band Member Development Advisory Committee

Submitted by the Corporate Commission

The Corporate Commission has created a seven-member Band Member Development Advisory Committee to provide guidance and support to the Band Member Development (BMD) Department and the Corporate Commissioner.

Committee members will assist in evaluating and updating the BMD programs and services; review all applicable courses, seminars and training required of Mille Lacs Band members participating in BMD; assist in the selection of the Mille Lacs Band member trainees; and coordinate "celebration" events recognizing and highlighting participant and program accomplishments.

"One of the Corporate Commission's top priorities for BMD is to ensure that enrolled Mille Lacs Band members are provided with opportunities for optimum employment and individualized career development," said Michael Garrow, Commissioner of Corporate Affairs for the Corporate Commission. "The geographic representation, as well as the vast experience and success each advisory board member brings to the committee, will provide needed advice in the further programming and development of the BMD Department."

BMD Advisory Committee members include:

- Elder Representative – Audrey Stately
- District I Representative – Irene Benjamin
- District II Representative – Jennifer Aubid
- District III Representative – Bernadette Smith
- Corporate Commission Associate Representative – Nicole Hyatt
- Grand Casino Hinckley Associate Representative – Vicki Kroschel
- Grand Casino Mille Lacs Representative – Jenny Buccholz

Advisory committee meetings will be held quarterly (or as deemed necessary) to meet the needs of the BMD Department.

"This dynamic group of women is passionate and action-oriented," said Jodell Meyer, director of BMD. "They will be at community events as they help to communicate the programs and opportunities provided by BMD." BMD is also asking for feedback from the tribal community on barriers to employment and concerns regarding employment opportunities so that the BMD Department can work towards solutions.

For more information on the advisory committee or to provide feedback, please contact Jodell Meyer, director of BMD at 320-532-8880.

Fitness Enthusiasts Tackle Mille Lacs Trails

For the past two months, approximately 100 Band members have been walking, running, biking, weightlifting and more as a part of the Band's ninth annual Walk Around Mille Lacs Fitness Program.

The program, which ran from July 6-September 3, is a way to encourage people to exercise and stay in shape. Each participant walked a total of 120 miles during the program – the equivalent of two laps around Mille Lacs Lake or an average of two miles per day.

Yvonne Winiecki, a 56-year-old Elder, broke in her two-year-old titanium knees during this year's program.

Prior to a knee replacement surgery, Yvonne was extremely active, doing aerobics and tae kwon do to keep healthy. After the surgery, it took awhile for Yvonne to feel like her new knees were truly hers.

Yvonne decided to participate in the Walk Around Mille Lacs Fitness Program to start using her knees and get back in shape. Yvonne exercised for an hour every morning starting at 3:30 a.m. After an average of 22 miles per week, Yvonne's resting heart rate has dropped from 70 beats per minute to 64.

"If you're active, you can live a much fuller life and feel much better about yourself," Yvonne said. "Age is a blessing not a burden, but it will be a burden if you don't stay active."

44th Annual Traditional Powwow Recap

By Mille Lacs Traditional Powwow committee members

Powwow royalty and winners

Congratulations to the 2010-2011 Mille Lacs Band powwow royalty and this year's winners!

2009-2010 royalty

- Dallas Anderson Jr., Sr. Brave
- Wyatt Sam, Jr. Brave
- Corrin Locke, Sr. Princess
- Jasmine Schwensen, Jr. Princess

Parade float

- 1st Place: Turtle
- 2nd Place: Junior Princess Contest
- * 3rd Place: Mille Lacs County DFL

Moccasin game

- 1st Place: Ernie Boyd and Randall Nickaboine
- 2nd Place: Nolan Nayquonabe and Richard Davis
- 3rd Place: Joel Shaugobay and John Benjamin
- 4th Place: Adrian Bugg and Louie Davis

Adult horseshoe tournament

- 1st Place: Bruce Nayquonabe and Dylan Sam
- 2nd Place: Roy Garbow and Ray Doust
- 3rd Place: Ron Smith and Harvey St. John
- Most Ringers: William Urrutia

Rez car

- 1st Place: Donna Gilmore "Blue Car"
- 2nd Place: Rez Dog Catcher
- * 3rd Place: Shaggin Wagon

Raffle winners

- ATV: Tommy Lee Mitchell
- 52 weeks of bingo: Eugene Davis
- * BBQ grill: Gloria Songetay

Thanks to volunteers and contributors

- Chief Executive Office
- District I Representative Office
- Steve Premo, artist and graphic designer
- Power Lodge, Onamia
- Leach Electric, Onamia
- Grand Casino Mille Lacs Marketing Department
- Double D Construction, David D Granger, owner, Garrison
- Home Depot, Baxter
- Goff & Howard, Saint Paul

Our neighbors

- Lakeland Printers, Isle
- Mille Lacs Energy Cooperative, Aitkin
- Agnew Hardware Hank, Onamia
- Mille Lacs Museum and Trading Post, Onamia
- Woodland's National Bank, Onamia
- Sunclean Center, Onamia
- Walmart, Baxter
- Anderson Brothers, Onamia
- *Mille Lacs Messenger*, Isle
- Reeds Sporting Goods, Onamia
- NAPA Auto Parts and Service, Onamia
- McDonalds, Garrison

Our gracious weekend volunteers

- Beth Hanlon, radio dispatcher
- Randall Nickaboine, Moccasin Game coordinator

We extend our greatest appreciation to our contributors this year. This is a personal Chii mii gwech to all who have donated their time and gifts to making the 44th Annual Mille Lacs Band of Ojibwe Traditional Powwow a success.

We have attempted to list everyone, but we apologize if we have missed anyone.

Free Hearing Evaluations

To schedule an appointment for **Friday, September 10**, at Ne-Ia-Shing Clinic, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Native Vote Alliance of Minnesota Golf Tournament

Photo courtesy of Elizabeth Scott

Native Vote Alliance of Minnesota held its annual golf tournament at Black Bear Golf Course on August 11 to raise money for get-out-the-vote efforts. Pictured from left to right are NVAM members Gary Fuller, Linda Tealman, Sally Fineday, Elizabeth Scott, and Amanda Myers.

Photo courtesy of Elizabeth Scott

Amanda Myers tees up at Native Vote Alliance of Minnesota's annual golf tournament. NVAM raised almost $6,000 at the tournament.

District III Health Fair

Toya Stewart Downey

Gloria Songatay provided a wealth of information about the dangers of second-hand smoke and shared materials about traditional tobacco use during the District III Health Fair.

Toya Stewart Downey

Band Member Chris Kegg promoted healthy living and eating habits at the Lake Lena Community Health Fair.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

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kellys@goffhoward.com

• • •

Goff & Howard, Inc.
255 East Kellogg Blvd.
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St. Paul, MN 55101

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Please provide news tips and other information by the 15th of the previous month.

Energy Assistance Applications Are Being Accepted

By Toya Stewart Downey

Though the weather is warm and the idea of cold winter nights seems far away, now is the time for Band members to start applying for Minnesota's energy assistance program.

The state program, which is administered through the Band's Emergency Services Program, offers families financial assistance with utility costs from October to July.

Depending on a person's income, the program covers some or most of the cost of the applicant's primary heat source – electric, gas or propane – during the months the program is offered. Payments are sent directly to the utility company, which credits the account.

In 2009-2010 approximately 360 Band households received funds from the energy assistance program.

"We encourage people to fill out the applications now so we can enroll them. If they've enrolled in the past, they need to apply again because it's an annual process," said Patricia Charlson, the Band's energy emergency services coordinator.

The Band is the state service provider for Districts I, II and III. The office can also assist Band members in the urban area with the application and then help them find an agency in the Twin Cities that can administer the services.

The state's energy assistance program is based on income – families must provide proof of income for the past three months. Band members should consider applying to discover if they qualify for assistance whether or not they think they would qualify, Patricia said.

"We find out that there's a great need for energy assistance based on the number of emergency loan requests that we receive each year," said Patricia. "If Band members can qualify for energy assistance, we want people to be able to use these dollars and not rely on emergency loans which have more stringent requirements."

For example, to receive an emergency loan for utilities, utilities must be past due or at a disconnected status. Then, the loan must be paid off before receiving another one. The cap on emergency loans is $750 per loan and must be paid off in six months. Repayments are made either through the per cap distribution or payroll.

Emergency loans are also available for some funeral expenses, such as travel, or to prevent eviction. Band members can also get vouchers to pay for some car repairs, gas, and food; however those costs must be paid back, too.

"The Mille Lacs Band funds the loan program, and we want to make sure we provide funds to individuals who truly have an emergency need," said Patricia. "We try our best to serve all Band members and need to be discrete in our efforts to protect the loan program so we can continue to be a resource and relieve emergency financial burdens."

"Last year we had 10 percent more applicants, but we're sure there are still people out there who could benefit from this program, but haven't applied – particularly Elders," Patricia said. "We have grant money available, and we want to use those funds to help the Band members that need it."

Families who qualify for energy assistance may also qualify for the state's energy repair and replacement program. The program helps homeowners replace or repair furnaces that are broken or need maintenance.

Application process

The MN Department of Commerce will send applications to households that participated in the program in 2009-2010 by August 31.

Households should complete the entire application and mail it to the emergency services department office along with the income verification information (43500 Migizi Drive, East Entrance, Onamia, MN 56359).

Only one application per household can be submitted to avoid duplication of services.

If a household does not receive an application and/or needs assistance completing the form, contact the emergency services office at 320/532-7880 to request an application or to ask for assistance.

Tribal Noteboard

Happy September birthday to:

Age B, on September 3 with love from Kelly, Jay and your we-eh Kellen • **Erykah Jones**, 2, on September 26 from mom, dad, sisters and brother • **Richard Jones**, on September 8 from Sandy and family, Cheryl and family, and Thomas and Patricia • **Collin Smith**, 21, on September 24 with love from mom, dad, sisters, brothers, nieces, nephews, and the Garbows • **Clayton Benjamin**, on September 25 from your in-laws and the Garbows • **Roger Garbow Sr.**, 55, on September 5 from the Ron Smith family • **Georgia**, on September 6 from Chuck, Kayana, McKellen, mom, Papa Scott Judkins, Auntie Barb, and your G frenz • **Gilbert**, on September 3 from Momma Bear • **Paco**, 14, on September 17 from gramma and Papa Scott • **Even Steven**, on September 23 from Auntie Molly and family • **Rina Moo**, from Auntie Molly and family • **Laikora**, 14, on September 14 with love from your family • **Chris Weyaus**, 27, on September 14 with love from mom, dad, Danni Jo, and Eliott • **Larissa Weyaus**, 17, on September 13 with love from Grandma Joanne • **Big Bro Rogi**, on September 5 from Ruth, Lorne, Wand, Pete and Drin • **Andz**, on September 5 from Auntie Ruth, Ben, Jay, and Zach • **Dad**, on September 3 with love from Mariah and Kevin • **Char**, on September 9 with love from Gram AA, Karen, Valerie, Mariah, Kevin, Rae, Tracy, Jarv, Shal, Max Dean, Jake, Jaime, Mark, Aiva, Sharon, Wally, Rave, Melz, Nicole, Chris, Jimmy, Cordell, and Chris • **Prince Charming**, on September 17 with love from your sis • **Nade**, on September 28 with love from Gram AA, Karen, Valerie, Mariah, Kevin, Rae, Tracy, Jarv, Shal, Max Dean, Jake, Jaime, Mark, Aiva, Sharon, Wally, Rave, Melz, Nicole, Chris, Jimmy, Cordell, and Chris • **Mexican Sis**, on September 29 with love from your Latina Sis • **Jerome Bedausky**, on September 5 with love from mom, Nikki, Brent, Taryn, Brenda, Lucas, Roland III, Nancy, Larry, Chell, Baby Camryn, Cam, Tim, Miss Veronica, Ed, and the rest of the family • **Taryn Bedausky**, on September 18 with love from dad, Brent, Gramma Mary, Brenda, Roland III, Chell, Baby Camryn, Cam, Tim, Miss Veronica, Ed, Nancy, Larry and the rest of the family • **Taiann Bearheart**, 6, on September 28 from Grandma Bearheart • **Ian Bearheart**, 12, on September 29 from Grandma Bearheart • **Onee**, with love from Day, Herb, Jaxin, Elle Nevaeh, Tommy Lee, Sky, Gabriella, Buck Jim, Mother Hubbard, Tina, Deondre, Jay and kids, Bice, B Dub, Diamond, Silas, OJ, and Bugger • **Steven Sam**, with love from Dey Luv and family, Chell and the girls.

Happy September birthday to Mille Lacs Band Elders!

Joe Anderson, Jr.
Viola Buck
Joseph Crown, Jr.
Roger Dorr
Shirley Evans
Violet Ewert
Lorena Gahbow
Joseph Garbow
Mary Garbow
Roger Garbow
Carol Hernandez
Donna Iverson
Kathleen Johnson
Rueben Merrill
Carol Mojica
Jacqueline Moltaji
Elmer Nayquonabe
Joseph Nayquonabe
Carol Sam
Darlene Sam
Karen Sam
Janice StandingCloud
Charles Sutton
Irvin Sutton
Marty Thomas
Russell Thomas
Joanne Weyaus
Leonard Weyaus
Richard Weyaus
Bonita White
Dale Wind
Micheal Wind

Birth Announcements

Congratulations to Kevin and Amy LaDue on the birth of their new baby girl. **Addison Marie LaDue** was born on August 6. She weighed 9 lbs., 13 oz. *Welcome to the family from Sophie and Devin.*

• • •

Congratulations to Morning Star Dorr on the birth of her new baby boy. **Brandon Dorr Charwood** was born on July 28. He weighed 7 lbs, 8 oz., and was 19 in. long.

• • •

Congratulations to Shelby Doust and Craig Beaulieu on the birth of their new baby boy. **Max Dean Sam Beaulieu** was born on July 12. He weighed 8 lbs., 1 oz., and was 21.5 in. long. *With love from Grandma Karen, Grandma Tracy, and the rest of your family.*

• • •

Congratulations to Chady Skinaway and Lance Villebrun on the birth of their new baby girl. **Gabriella Rose Villebrun** was born on July 7. She weighed 6 lbs., 7 oz., and was 19 in. long. *With love from mom, Herb, Elle Nevaeh, Jaxin, Tommy Lee, Big Happy, Josh, and the rest of your families.*

Congratulations

Congratulations to **Laikora Thompson** who played the national anthem on her flute at the August 6 boxing event at Grand Casino Hinckley. We are very proud of you. *With love from your family.*

• • •

Congratulations to **Summer Dorr** for receiving your GED. *With love from mom, dad, and TJ.*

• • •

Congratulations to **Lance Villebrun** for receiving your GED. *With love from Gabriella Rose, Chaddy Rose, Day, Herb, Elle Nevaeh, Jaxin, Tommy Lee, Big Happy, Josh, and the rest of your family.*

Thank you

Thank you to the Chief Executive Office and Band Commissioners who sent flowers to the memorial service for Allan Applegate. Allan is the deceased husband of Band member Ramona Applegate. Thank you to all those who sent flowers, plants and offered support in her time of need. *From Jackie McRae.*

Obituaries

William Nickaboine
Born – 10-6-1990
Died – 7-18-2010
Resided in Onamia

George Boyd Jr.
Born – 11-10-1940
Died – 7-25-2010
Resided in McGregor

Clara Sam
Born – 8-27-1910
Died – 8-5-2010
Resided in Onamia

Grand Casino Hinckley Boxing Bouts Featured on Showtime

By Jim Erickson, Executive Director, Mille Lacs Band Department of Athletic Regulation

Two exciting matches from the Grand Casino Hinckley boxing event on August 6 were televised live on Showtime.

In the first televised match, Lateef Kayode of Nigeria, trained by hall-of-fame trainer Freddie Roach, used his strength to counter the boxing skill of Alfredo Escalera Jr. of Puerto Rico. Kayode's vicious body attacks and constant pressure had Escalera in trouble, prompting referee Joe Cortez to stop the bout at the end of round eight. Kayode claimed the North American Boxing Organization's cruiserweight championship.

The evening's main event, which was also televised, featured a battle of undefeated bantamweights for 10 action-packed rounds. Christopher Martin upset top-10 ranked Chris Avalos. Avalos, with a record of 16-0 going into the fight, made his professional debut at Grand Casino Hinckley in February 2008.

In addition to the televised bouts, the evening started with the big boys, as 234-pound Maurice Harris from New Jersey won the United States Boxing Association heavyweight title by defeating 240-pound Nagy Aguilera from the Dominican Republic. Aguilera landed some nice punches, but Harris was the busier fighter and walked away with a 10-round unanimous decision.

Local Minnesota fighters Andy Kolle and Matt Vanda each scored knockouts in their bouts. New York native Michael Anderson won via third-round technical knockout over Minnesota's Hector Orozco.

Watch the *Inaajimowin* for upcoming announcements of boxing and mixed martial arts events.

How to Approach a Traditional Healer

Part one of a traditional health series by Mille Lacs Band Elder Herb Sam

This information was prepared for American Indians who want to gain more knowledge of our beautiful culture and tradition. I have tried to make it simple for anyone who may want to truly understand it. This information is my attempt to give you as Indian people an understanding of traditional healing and traditional health.

All tribes of North America or Turtle Island have very close parallels in healing practices, but always remember there are variations from tribe to tribe. If consulting other tribes, please always be respectful of how other tribes practice their healing practices.

I will explain to you (as I understand it) how to approach a traditional healer. When you have made a decision and have chosen a certain healer, always prepare to go to him or her with your request.

Contacting the healer

Many people do not make the proper connections. They use the phone and try to explain to the healer their needs – they expect the healer to help them over the phone. Speaking for myself, I only accept phone calls to schedule an appointment. I can only continue to do as I was taught. Tobacco must be brought to me in a proper manner.

When the healer is chosen and a request has been made for an appointment, you can come to the healer and explain why you need his or her services. Your concerns may be physical or mental. Whatever your needs are, ask the healer if he or she can help you. At this point, the healer will tell you if he or she can help you.

Offering tobacco

If the healer says, "I can help you," then you take a pinch of tobacco from your tobacco bag and present it by putting it in his or her hand. If the healer says he or she can't help you, still put tobacco in his or her hand for the time that he or she gave you.

Some healers would rather accept Indian tobacco (Kinnikinnick), which you get from the red willow bush. It is always a good idea to check which type of tobacco your healer prefers. This is the approach that is taken in consulting a traditional healer.

When your scheduled time has come, bring a gift along with tobacco. It may be a blanket, shirt, socks, or a monetary compensation if you are able, as a traditional healer also has to live. Present your gifts before he or she does the ceremony so that he or she may inform the spirit healers of the gifts that you have brought.

Dreams and names

In seeking help, there are many requests that are brought to me. These include requesting dream interpretations or naming a child or maybe yourself. Never feel ashamed to ask for a name as an adult. This is a very good thing to do, because it will help you with your journey in life.

Dream interpretations vary, but the traditional healer will help you. In some cases, the traditional healer may request that you bring a bowl of food for the ceremonies. If you would like some additional explanation regarding the "why" of some of these ceremonies, please feel comfortable to ask the healer. I have not met one healer who would be unwilling to help you understand traditional healing.

Plant medicine

When the healer has completed his or her ceremony for healing, he or she may advise you that in order to feel better, you need to use a certain plant. The healer will explain how this should be done. The healer or the healer's helper will give you the plant that has been prescribed and instruct you in how to prepare it.

If you have any questions, be sure to ask the healer, as some plants can be dangerous if they are not prepared properly.

How to have a good result

Please make sure that you understand the healer's directions before you leave. Also, belief and respect are the winning ingredients that will heal you. Always show great belief and great respect to the healer and the plant family that has helped you. Have good thoughts toward them.

Moccasin Telegraph

Amik (Larry Smallwood)

Respecting the Creator's creation

By Amik (Larry Smallwood), Mille Lacs Band Elder

The following article appeared in the October 2, 2002, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

When the Europeans first came over to this land, they saw native people and they stereotyped us as savages. They thought we were a lost people with no sense of direction, no kind of organization, no beliefs.

That's not so. Indians had a form of government, and we also had our beliefs.

We believe in the Creator. Some people call him God. We knew there was such a being. And we knew he created this world we live in and everything on it – the vegetation, the animals, the two-legged, four-legged, flying, crawling, swimming. He created all those.

We believe that the last species he created was the human being.

The Creator knew human beings needed direction, so he sent down a messenger to each color of man – the yellow people, the black people, the white people, and the red people. He sent these messengers to show the people how to live.

The messenger to the Ojibwe people walked around the Great Lakes region, teaching us as he went. He lived by example. He showed our people the medicines. He showed us the way of communicating with the Creator.

Our messenger was funny. He was also serious. He was all things a human could possibly be, even though he was spiritual. He showed the people things that would happen if you do wrong, what would happen if you do good, what would happen if you are foolish. He lived a lifetime doing these things to show the people.

And he told the people about the Creator. He also told them to treat all things with respect because they are the Creator's creation.

When we go out to use a tree or a plant or anything that grows out of the ground, we have to make a tobacco offering to the Creator. We're going to pull that plant out, or we're going to take the life of that tree. So we ask for forgiveness. We explain to the Creator why we need that tree or plant. We don't disrespect it and just start cutting it down or pulling it out of the ground.

When we go hunting or fishing, we offer the traditional tobacco because we're going to take the life of one of the Creator's creations so we can eat. When we go ricing in the fall, we put tobacco in the lake because we're going to take some of the food the Creator has provided for us. We do this because we were taught to put tobacco down when we pray. There are tobacco plants that grow in the woods that we can use. Some people mix traditional and contemporary tobacco.

Some people say Indians worship the trees, the waters, and the animals. We don't worship them – we respect them because of where they came from.

We have to respect everything because, if you don't, you're disrespecting what the Creator created. And the day is coming when you will have to answer for that.

If I disrespect another person because he is a different color, I'm disrespecting what the Creator created. Some people say you have to earn respect. I say no. When I meet someone, they have all my respect because they're from the Creator.

Calendar of Events

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 29	30	31 **Nay Ah Shing schools** **First day of school**	1 **Head Start** **First day of school**	2 **Talking Circles** District I Community Center, 5:30 p.m. Contact: KC Paulsen, 320/532-4046 **Pine Grove Leadership Academy Open House** 1-3 p.m.	3 **All government offices close at noon**	4 **Learn how to process wild rice** Mille Lacs Indian Museum Saturdays in September
5	6 **All government offices closed for Labor Day**	7 **Pine Grove Leadership Academy** **First day of school**	8	9	10 **Randy Owen*** Grand Casino Mille Lacs 8 p.m.	11 **Porcupine Quill Jewelry Workshop** Mille Lacs Indian Museum 12-4 p.m. **Randy Owen*** Grand Casino Mille Lacs 8 p.m.
12 **Porcupine Quill Jewelry Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	13 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** Grand Casino Mille Lacs 6 p.m. Contact: Ken Weyaus, 320/309-6925	14	15 **District III Community Meeting** Grand Casino Hinckley 5:30 p.m. Contact: Gloria St. John, 320/384-6240	16 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046 **All-Elder Community Meeting** District III ALU 11 a.m., Contact: Denise Sargent, 320/532-7854	17	18 **Tyler Florence* (cooking demonstration)** Grand Casino Hinckley 4 p.m. **Aazhoomog Community Multi-Family Parking Lot Sale** Aazhoomog Community Center 8 a.m.-4 p.m.
19	20	21 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	22	23 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311	24	25 **Alan Jackson*** Grand Casino Hinckley 8 p.m.
26	27 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423 **Mobile Mammograms** Ne-Ia-Shing Clinic 9 a.m.-4:30 p.m Contact: Mary Thompson at 320/532-4163, ext. 2502	28 **Mobile Mammograms** East Lake Community Center 9 a.m.-4:30 p.m Contact: Mary Thompson at 320/532-4163, ext. 2502	29 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102 **Mobile Mammograms** Aazhoomog Clinic 9 a.m.-3 p.m Contact: Mary Thompson at 320/532-4163, ext. 2502	30 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	October 1	2
3	4	5	6	7	**To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com**	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**

Who Is Your Best Friend and Why?

Alyssa Irving

"Alex Bonilla is my best friend."

Brandi Nelson

"Maggie Rock is my best friend because she's there for me. And she takes me wherever I need to go."

Alex Bonia

"Alyssa Irving is my best friend because we just are."

Sierra Cruz

"My best friend is Maya because I always hang out with her."

Jordan Beaulieu

"My kid's dad, Windy Morrison, because he listens and understands me. And he'll be there regardless."

Adam Nayquonabe

"One of my close friends is JT. He chills with me and he's good people to hang out with."

Leslie Davis

"My daughter, Kelsie Shaugobay, because we're so close. We tell each other everything. She's a good girl, a good student, and a good person."

Candida Mitchell

"My significant other, Robert, because he's true and loyal. He has a good sense of humor, he's a good dad, he always helps people, and he knows everything about me."

Photos by Toya Stewart Downey

Powwow Committee Dedicated to Preserving Culture and Traditions

By Toya Stewart Downey

Just one day before the Mille Lacs Band 2010 Powwow commenced, members of the planning committee gathered at the powwow grounds for one last meeting. They offered tobacco and set a dish before sharing a meal and discussing last-minute details about what promised to be a spectacular weekend.

And indeed it was, thanks to the hard work and dedication of the team of organizers who spent months making sure every facet of the annual event was addressed.

This year more than 800 dancers, 17 drums, and 37 vendors attended, with approximately 2,000 spectators per session.

"We are probably the largest traditional powwow in Minnesota," said Freedom Porter, who has co-chaired the powwow committee since 2004 and served on the committee for 12 years.

The committee, which begins meeting in January, is crucial to the powwow's success. The group is made up of volunteers who are not paid for their time or service, yet are dedicated to providing a memorable weekend.

Typically about 25 people volunteer to serve on the committee, but by the time the big event rolls around there are about 14 active members. "The only incentive we have is that we all know we did a good job…that's why we do it," Freedom said.

Mary Jo Jennings, co-chair of the committee, shares the same sentiments. Mary Jo has been on the committee for eight years. She joined because she wanted to learn more about organizing the event as well as become more involved in the community. "I have met some interesting individuals over the years and formed friendships that will last a lifetime."

"When we see the Grand Entry, all of the dancers, and everyone having a good time, we have such a sense of accomplishment and pride…it's almost too hard to put into words what it means to me or what the experience has been, but it's been an important part of my life," said Mary Jo.

So, too, are the members of the committee who call themselves a family. They establish a bond over the shared experience of planning the powwow.

Rob Thompson, a four-year veteran of the committee, calls it the "best group of hodge-podge people you'll ever meet. It's a fun group, and we have a blast."

Rob said those who have been on the committee previously should consider returning, and those who want to be a part of the event should also consider joining the team.

Janice Olson, who joined the group this year, said she felt like a part of the group immediately. "The first year you listen, you learn everyone's role, and you ask questions," said Janice, who works for the Women's Shelter. "It's a lot of work, but it's exciting and fun. I would encourage others to join because it's worth it."

Just ask Sharon James, who has been on the committee for 13 years. She joined as a way to connect to the community and found even more. "I was able to meet people and interact with them in ways I couldn't have done in my 8-5 job," she said.

"It is very rewarding and fun, but a lot of hard work, especially when you're trying to keep the Band's culture and traditions while working within the policies and procedures of today's world," Sharon explained. "If the committee didn't have these traditions to guide them, I don't think the powwow would be so successful."

The committee strives to continue what the Elders created generations ago – a celebration of life. This is one of the reasons special ceremonies are not held during this powwow. Freedom said, "The creating Elders didn't want that, they wanted a time for celebration." The remaining Elder Advisors include Kenny Weyaus Sr. and Dorothy Sam.

The powwow committee is a community committee that operates with the support of the Chief Executive Office and the District I Representative. The committee keeps the Chief Executive and District I Representative updated on its activities, with the Chief Executive having veto power over committee decisions.

Freedom believes the traditional powwow has continued to be successful because the committee follows the path the Elders laid as the foundation many years ago. The 'Big Three,' Jim Clark, Raining Boyd, and Batiste Sam, were instrumental in keeping the culture at the forefront of this powwow, Freedom said.

That's why it's critical for more youth to get involved, said Kenny Weyaus Sr., who has served on the committee for 22 years, part of the time as chairman.

He would like to see more young people get involved so they can take his place one day. Kenny said, "As we're growing up, we're losing a lot of our traditions. If we can get our younger people involved, we can teach them the traditions we follow; being on the committee will help them learn those traditions."

"For example, a lot of people don't know you're not supposed to carry your child when dancing, as this is a sign of you giving that child away," explained Kenny. "Or they don't understand the cultural reason we don't allow fanning of the drum."

"As told to us by our Elders, we don't copy what other people do at their powwow because each community has their own traditions." he said. "We need our youth to know these things so they can carry on our traditions and learn by getting involved."

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

October 2010 "The story as it's told." Volume 12 • Number 10

Nay Ah Shing Students Compete in Triathlon

Photo courtesy of Bugs Haskin

Marquis Fisher, last year's champion, took home the first place trophy again this year.

By Bugs Haskin, Nay Ah Shing activities director

Nine students from Nay Ah Shing competed in the fourth annual triathlon on Wednesday, September 8. The triathlon consisted of three events: a 100-yard swim, 12-mile bike ride, and 1.5-mile run. Students who participated include Sage Boyd, Marquis Fisher, Tommy White, Jason Boyd, Shaina White, Jennie Mitchell, Amanda Eagle, Daja Barnes, and Dove Boyd.

Marquis, last year's champion, took home the first place trophy again. He was the only returning triathlete, beating his time by 11 minutes and finishing the course in 1 hour 15 minutes and 16 seconds.

Shaina placed second with a time of 1 hour 23 minutes and 40 seconds, and Amanda placed third with a time of 1 hour 25 minutes and 31 seconds.

All athletes received a medal for competing and will enjoy an evening at ValleyScare. Fisher also received a plaque for being a returning athlete. This is his third time competing in the triathlon.

Several other Band members and employees participated in the event. Chief Executive Marge Anderson followed the group in her vehicle encouraging them.

Jim Ingle, Mille Lacs Band fitness coordinator, rode his bike with the group, and Amanda Nickaboine used the race as an opportunity to train for the Twin Cities Marathon that she will be running in October.

Coaches Pete Braith and Bugs Haskin would like to thank Tribal Police Officers Rob Wall and Josh Kimball for leading the racers along the route and following them in their squad cars to ensure their safety, Investigator Russ Jude for working the turnaround point handing out refreshments, Chief Conservation Officer Mike Taylor for marking the swimming part of the competition with his boat, DNR Officer Jared Rosati for timing the athletes, and the rest of the support staff: Sara Clemons, Rene Athman, Sandi Jellum, and Tara Aricha. And a special thank you to Investigator Mike Dieter and Chief Executive Marge Anderson for assisting when one of the athletes was injured.

Photo courtesy of Bugs Haskin

Students from Nay Ah Shing competed in a triathlon on Wednesday, September 8. Chief Executive Marge Anderson was on hand to cheer on the competitors as they swam, rode bikes, and ran during the course of the event.

District I Candidate Forum

The Mille Lacs Band, Native Vote Alliance of Minnesota (NVAM), and the Mille Lacs Academy are hosting a candidate forum and community dinner at the District I Community Center on Wednesday, October 20. The forum will give Band members the opportunity to ask questions and learn more about candidates. The community dinner will begin at 5 p.m., and the forum will begin at 6 p.m.

Invited candidates

District 16A State Representative

- Sondra Erickson (Republican)
- Gail Kulick Jackson (DFL, incumbent)

District 16 State Senator

- David Brown (Republican)
- Lisa Fobbe (DFL, incumbent)

All candidates have confirmed that they will attend the forum.

For more information, contact Mille Lacs Band Local Community Organizer Elizabeth Scott at 320/384-4661.

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Prayers and Medicine Helped Save Band Elder's Life

Photo courtesy of the Wade family

Band member Larry Wade

By Toya Stewart Downey and Monte Fronk

On the second day of the Band's annual Powwow, Band Elder Larry Wade told his wife Nadine that he wasn't going to attend the afternoon celebration because he wanted to stay home and rest.

He had worked the night shift at the Band's halfway house and arrived home early that Saturday morning in August.

Later that morning, Larry, 64, changed his mind and decided to attend.

Today, Larry, his wife, family, friends and the community are thankful he was there.

That's because while Larry was dancing to an inter-tribal song he suffered from cardiac arrest. His heart completely stopped.

But thanks to the quick assistance of several emergency responders, Larry survived even when it looked like he might not make it, said his wife.

"Only one in 20 cardiopulmonary resuscitation patients survive without an automatic external defibrillator (AED) and CPR interventions within six minutes," said Monte Fronk, the Band's Department of Public Safety emergency manager and national registered EMT. "So the spirits were with us that day."

According to Monte, who was enjoying the powwow with his family after working on Friday, the master of ceremonies called for emergency medical assistance immediately after Larry collapsed. Several emergency responders rushed to the arena, including Stephanie Grady, a physician's assistant at the Aazhoomog Clinic.

"We were getting ready to leave when I heard the MC call the EMTs," said Stephanie, who was at the powwow as a spectator with her daughter and granddaughters. "I looked at my daughter and said, 'I think I better go'."

Stephanie had recently attended an advanced cardiac life support class and now thinks that training, along with her many years as a medical provider, helped during the emergency.

"I've been in medicine since I was 16, and I've never seen CPR work," said Stephanie, who got emotional while recalling the event. "I was just in the right place at the right time."

Stephanie, who doesn't know Larry, said she was able to assess the situation, ask pertinent health questions, and offer medical direction to other responders.

"I felt proud to be a provider for the Mille Lacs Band and proud to be there," said Stephanie, who has been employed by the Band for 10 years.

Like others, Stephanie prayed for Larry and says she believes, there was some really strong medicine there, and that's why he made it.

"We were supposed to be there for that man," said Stephanie referring to the emergency responders.

Three tribal police officers, who are also certified first responders, were also on the scene with their medical bags and Automatic External Defibrillator (AED).

The officers, Brent Prueser, Robert Wall, and Michael Radar performed CPR and used the AED in their efforts to help revive Larry. They also administered oxygen and monitored his vital signs. The AED provided four shocks to help restore an appropriate heart rhythm and pulse, Monte said.

"The Mille Lacs Health Care system ER doctors commented later that the training of the reservation responders and AED saved Larry's life," said Monte, adding that AEDs are in all government facilities on the reservation and portable devices are in tribal police vehicles.

After leaving the powwow grounds, Larry was taken to Onamia Hospital where he was stabilized before being airlifted to St. Cloud Hospital. He was hospitalized for 17 days and had a triple bypass on Aug. 31 after the swelling in his head went down and his diabetes was under control.

"When he fell, he hit his head really hard so he had swelling in his brain," Nadine said. "But since he's been home, he's doing great. He's started cardiac therapy three times a week."

"He didn't realize until this happened how many prayers went out for him and helped him through this," she said. "He was touched."

"All the support we have received from the community brings tears to my eyes," Nadine added. "We don't know how to thank everyone for all they've done, from the prayers to the sweats that have been held to the donations we've received."

"If it weren't for the donations, I wouldn't have been able to commute between the hospital and our home – we have five grandkids that live with us – so we had a lot of help with gas money and food during this time," she said.

Nadine said the couple, who has been married for 32 years and together for 36, is thankful that the Powwow Committee had emergency responders on standby and were able to help keep her husband alive.

"I join the countless others who are grateful for the quick action of our volunteers and law enforcement officers," said Freedom Porter, director of community support services and co-chair of the traditional Powwow Committee.

"When our Spiritual Advisor Kenneth Weyaus, Sr. called for the Jingle Dress song, knowing it was one of ceremonial drums, it is hard to describe how that felt," said Freedom. "I don't mind admitting I got a little teary-eyed. Not because I was scared or worried, but I and so many others felt the power of that moment and you just knew Larry was going to be alright."

Freedom also said that Officer Prueser, who was on the Powwow Committee for about five years, used his knowledge to help lead the quick action of the responders.

Freedom also credits the expertise of Beth Hanlon, a volunteer dispatcher, who knew how to clear radio traffic to help get the roads closed and the ambulance in quicker.

"There were many heroes that day, and I am honored to have witnessed firsthand the swift action by so many," Freedom added.

The Wades believe that besides the quick medical response, the prayers from the community helped save Larry's life. "I would have never stayed home that day because I was taking my grandchildren," said Nadine. "If Larry had stayed home he would have died because no one would have been there with him."

"After it happened, the jingle dress dancers came out and danced," Nadine said. "We believe his healing and prayers came from that dance."

Date Changing for District I Community Meetings

Starting this month, District I community meetings will be held the third Wednesday of the month unless otherwise noted. The October meeting will start at 5:30 p.m. on October 13 at the District I Community Center.

Dates and times will be posted on the Band's website at www.millelacsband.com, and meeting recaps will be provided in the *Ojibwe Inaajimowin*.

Healthy Heart Class

The Healthy Heart Program is hosting its next class at the District I Community Center on Tuesday, October 26 from noon-1 p.m. Participants will have the opportunity to taste and compare different foods during a taste testing activity.

For more information, contact Cyndy Travers at 320/532-7840.

Adoptive Families Needed

Mille Lacs Band Family Services is recruiting Mille Lacs Band members who are interested in becoming adoptive parents. It is our belief that Mille Lacs Band children have a right to live and grow among our people who fully understand them. To protect our children's roots is to protect their rights.

In order to keep our children within the tribe, we are seeking adoptive parents for several young children awaiting homes. We also want to identify adoptive homes for when future needs arise.

If you are interested in adopting a Mille Lacs Band child, please contact Valerie Eli, foster care coordinator, at 320/532-7820 or 800/709-6445, ext. 7820.

Weatherization Program Saves Energy and Money

By Toya Stewart Downey

As the temperatures drop and the cold sets in, many folks think that as long as they keep their doors and windows shut, they're keeping old man winter out. But, the tricky old guy has lots of ways to get into homes including through gaps under doors, improper insulating, and cracks in building materials.

That's why it's important for Band members to get their homes inspected to ensure that the money they're spending to heat their homes isn't going out the door, said Lee Thompson, an energy auditor for the Band.

"We've heard from Band members who [had their homes weatherized and] have decreased their energy costs by up to a third," Lee said.

Program qualifications

The good news is that those who qualified for the state's energy assistance program may also be eligible for the Band's weatherization program. The Band oversees the program in Districts I, II, and III. The urban area has other providers that are available to service them.

Elders and Band members who own their homes, as well as those in the Band's housing program, are eligible to apply for the weatherization program that is federally funded through grant dollars.

Other Band members may also qualify for the weatherization program, but they need to fill out the energy assistance application to see if they meet the federal guidelines, said Patricia Charlson, the Band's energy and emergency services coordinator.

"We get a database from the state that tells us who qualifies for weatherization," she said. "The list goes to Lee and they begin scheduling energy audits to see what's needed and then the projects begin."

Those who have the highest levels of fuel and energy consumption are priority, along with Elders, and people who have children in their homes.

On average and based on individual needs, about $6,500 is spent on the homes that are weatherized. There is also $1,000 in general repair money and $1,000 in health and safety money that is allotted per home. The work is scheduled to be completed within 90 days.

Types of repairs

Some of the weatherization and repairs that are common include sealing air sources, repairing windows and doors, adding insulation, and making general repairs to the roof and foundation.

Adding new fans in a bathroom to reduce humidity, range vents in a kitchen, and smoke alarms and carbon monoxide detectors are also on the list. So is replacing or repairing furnaces and water heaters, Lee said.

"We have conservation measures, and we make sure a house can breathe," Lee said. "We want to lower our carbon footprint."

Armando Oliverez, an audit supervisor, said the work done through the weatherization program should last about 10 years or longer, so it's in the best interest of Band members to seek this service because even if a home needs minor updates, "you're going to save money no matter what."

Homeowners can help

Residents also have to be proactive and take measures to conserve energy and save money by taking steps such as turning off lights and water when they're not needed, he added.

"Do what you can do to help us, so we can serve more Band members," Armando said.

One of the ways the team helps Band members learn about their homes and how to conserve energy is by offering a free consultation when they audit a home. The audits take about five hours, but residents only need to be present for about one hour for the initial consultation.

"The best way Band members can help us is by keeping their appointments or by rescheduling if they can't make it," Armando said. "If we have to drive to Districts II or III and someone isn't home, then we can't do any audits that day simply based on travel time."

Band recognized for efforts, awarded federal funds

This year the Band was one of a handful of entities that received federal dollars through the American Recovery and Reinvestment Act (ARRA) to expand its weatherization services. The Band received an additional $350,000 through a State Performance Fund award and was the only tribe in the country awarded this funding.

Through the grant there is funding available to weatherize about 85 homes. In the past, before federal funding was available, there was only enough money to weatherize and repair about eight homes annually, Patricia said.

The Band holds the honor of being the top Native American weatherization program in the country.

"We're the sixth highest-rated program in the state and the fourth in the country in terms of productivity in our weatherization program," said Freedom Porter, director of community support services.

The weatherization program was previously part of the state's energy program, but in June 2008, the Band began offering its own program.

"The amazing work done during the 2009 fiscal year is what got the team's performance recognized," Freedom said.

The program is funded by the ARRA money through 2012 so the Band is seeking ways to continue to offer the program after the federal dollars are gone, Freedom said.

Collaboration strengthens program

One of the strengths of the program is the collaboration between the Community Development and Health and Human Services departments.

Combined, the two departments have the resources to get the job done while servicing more Band members, said Richard Hill, a maintenance coordinator who serves as a bridge between the two groups.

"The main goal is to be completely self-sufficient as a weatherization agency," said Guy Davis, an apprentice in the weatherization program. "It's a great service to Band members, and it also provides jobs to Band members."

Band members interested in pursuing this opportunity should contact the Mille Lacs Band Energy and Emergency Assistance program at 320-532-7880 to receive a State Energy Assistance application to determine eligibility.

Urban Office Moves to New Location

The Mille Lacs Band Urban Office moved to a new location at 1404 Franklin Avenue in Minneapolis in August.

Programs located in the office include TANF, Family Services, ICWA Social Services, and Legal Aid.

The Urban Office is housed in the building previously known as the American Indian Community Development Building. The building signage will be updated soon.

The Urban Office will host a grand opening celebration in October. Check the Mille Lacs Band website (www.millelacsband.com) for more information.

The Newspaper of the Mille Lacs Band

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"The story as it's told."

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Please provide news tips and other information by the 15th of the previous month.

Community Group Offers Support and Healing After Recent Tragedies

Toya Stewart Downey

Members of the Community Healing Project discuss ways to end violence in the community. The grassroots initiative meets weekly.

By Toya Stewart Downey

It's long been said that parents should never have to bury their child.

Tragically, the families of four young Band members have recently shared in this unwanted experience after their loved ones passed away.

Now they, along with some in the community, are looking for ways to heal.

That's where the Community Healing Project comes in. It's a grassroots initiative that was created in the wake of the needless and shocking deaths that shook the community.

"It began with frustration and stress with the most recent death of William Nickaboine, along with the gang violence, and multiple gun shots in the area," said Rachel Shaugobay, one of the group's organizers.

"Most of us were angry, sad, outraged and felt that our families' safety was a big issue. We put together a meeting so that we as a people could help each other," said Rachel. "We support each other to bring families, neighbors and friends closer together to find ways to help stop the violence in our community," she said. "We want to bring back the safety everyone once felt."

The group began meeting weekly in mid-August. It holds potluck gatherings at 6 p.m. on Thursdays at the Nay Ah Shing Upper School. Everyone is invited to bring food, share ideas, and offer support. Children are welcome to attend.

Each week about 25 to 40 people gather to share their feelings and find ways to unite the community. They don't care about job titles, work backgrounds, or status as long as the participants share in the goal of healing the community.

"The meetings have been successful so far because we are getting input from youth and asking them how they want us, as a community, to acknowledge and build a trustworthy relationship," said Rachel. "A lot of Band members have dedicated themselves to ending the violence and abuse that most of our youth witness every day."

William's mom, Arlene Weous, has been an active participant in the group even while she mourns the loss of her youngest son who would have turned 20 this month.

If she had her way, her baby boy would still be here and would spend Sundays with her like he used to. Instead, she grieves, and through the Community Healing Project is looking for ways to ensure that no other mother will have to lose her son to violence.

"I never got the opportunity to give my son one last hug or smile or the chance to say I love you…time is so fleeting," said Arlene. "The old saying that you never know what you will miss until it's gone is so true."

"Because of the loss that I have incurred, I think that we need to give our children and grandchildren a hug, a smile, or a pat on the back for a job well done," she continued. "It is so easy to put off a simple request such as a grandchild/child who wants to be read to. Simple things that are taken for granted that you would do another time."

"Do we really give that child the attention or affection they need on a daily basis? Do we make them feel important and special?" Arlene asked. "These are questions that we as a community should be asking of ourselves. How can we make a difference to the youth of this community?"

Part of that difference comes from the community – the parents, caregivers, and extended family – who need to take ownership of their children's futures, said Rose Holmquist, one of the organizers. "We've come together for kids and parents," she said.

O'madwe (Chris Kegg), a founder of the group, said she wants youth to participate in fun, healthy projects to nurture their hearts and minds, instead of joining gangs. "It was hard to see my uncle when I lost my little cousin Sherrilyn this year. I wanted to help start up the group so that our kids and grandkids can have a safe place to grow up without violence. We need to go back to where we can visit each other without fear."

Carmen Behnkie, another organizer, said youth need to see that there are people who care, and that there are better options than drinking, doing drugs, or joining gangs. "This summer our family had a devastating loss when my nephew Will was murdered," she said. "This type of loss is different than when I lost my mom last November because of the way it happened."

"He was missing for quite awhile and when he was finally found…no family should have to face that," said Carmen. "Before Will, there were three more youth who died because of alcohol or drugs. I believe our rez is lost, and it is time we find people who care enough to do something for ourselves."

"Our Government can't fix this, so it is up to us, as community members, to help ourselves," she said. "I really want so much for this to be what is needed to turn things around. One person can't do it but maybe a healthy group of caring Mille Lacs Band members can."

Rachel agrees and said, "We didn't feel that is was fair to drop our many concerns and complaints off to our elected officials and ask them to fix it. We believe we all need to work together as Mille Lacs Band members to support and help one another."

So far, besides the weekly gatherings, the group has had one successful fundraiser and is planning more in an effort to raise money for cultural activities, youth outings, and family gatherings.

The next fundraiser is a spaghetti dinner that will be held from 11 a.m. to 1 p.m. on Thursday, October 7, at the District I Community Center.

The group has also set up a bank account at Woodlands National Bank to accept donations.

"We want people to know that we are here, we will not live in fear, and we're not going away," Rachel said. "We are going to take back our communities and make them safe for our children again."

Are You Prepared for an Emergency?

By Monte Fronk, Emergency Management Coordinator

The Federal Emergency Management Agency (FEMA) is reminding families to prepare for emergencies during which responders may be unable to get to your homes for many hours. FEMA has produced a list of basic supplies to keep on hand, as well as wallet-sized cards to help you easily access information about your family members in the event that you are separated during an emergency.

You can access and print the supply list and emergency cards through a link on the Mille Lacs Band's website at www.millelacsband.com. Look under "Important Dates/News" for "Are You Prepared for an Emergency?"

Several Public Health Offices Relocate

By Public Health Department Staff

District II office

The District II Public Health Office has moved to the District II Community Center. The office's phone numbers will remain the same.

Transportation: Eileen Farah and Julie Skinaway (218/768-2389)

Homecare: Allison Harr, RN, and Renee Bayerle, HHA (218/768-3287)

Fax number: 218/768-2379

Women, Infants and Children (WIC) offices

The District III WIC office has moved to the Corporate Commission building in Hinckley. This office will be open on the second and fourth Wednesdays of each month from 9:30 a.m.-3:30 p.m. with a lunch break from 12-1 p.m. The phone number for the District III office is 320/280-7271.

The District II WIC office has moved to the District II Community Center. This office will be open on the first Thursday of each month from 10 a.m.-3 p.m. The phone number for the District II office is 218/768-3287.

On days when there is not a WIC program, please contact Joanne Boyd with any WIC questions at 320/532-7821.

Trip to Finland for Film Showing Connects Band Member to Heritage

Photo courtesy of the Vainio family

Arne Vainio and his second cousin, Raili Sorainen, proudly hold up the Helsingin Sanomat newspaper article which featured a story on Arne and his film "Walking into the Unknown."

By Toya Stewart Downey

When Band member Dr. Arne Vainio first set out to make the documentary, "Walking into the Unknown," it wasn't for public accolades or to win awards. Yet, the film has indeed been recognized throughout this country and beyond.

In August, the Vainio family traveled to Finland to screen the Emmy-nominated film, which traces Arne's intimate journey through the health care system, all while learning about his own health and the risks he faces as a middle-aged American Indian man.

The film was shown four times at three different venues in different cities. It was also written about in the country's largest newspaper, which has one million subscribers.

"This was an amazing trip for our family," said Arne, whose father's family hails from Finland. "The big part of the trip was about the film, but the other thing is that we found family there."

While in the country, the Vainios never stayed in hotels, but with family members they'd never met, including some who didn't speak English.

They also experienced random acts of kindness from strangers during their travels.

"During our 10 days there we connected with the people and the country," said Arne. "This trip was a huge part of my [personal] journey and part of that journey was connecting with my Finnish ancestors."

Arne, whose grandparents emigrated from Finland, said he felt like his grandparents went back through him. "They left in ships and never returned…they left there as oppressed people and came here as oppressed people because of the way they were treated. A lot of times they thought and felt like Ojibwe."

Arne said his connection to his Finnish heritage died when he was 21 and after his grandmother passed. "Unless I ran into someone who knew my dad, I didn't really embrace that side, even though I embraced my Ojibwe heritage all of my life," he said.

Throughout his lifetime, Arne has come to believe that people should celebrate their heritage and embrace the similar traits within cultures. "People need to look at all sides," he said.

Besides meeting family and sharing their film, another important event happened while the Vainios were abroad. Arne and his wife, Ivy, renewed their wedding vows in front of their son and Finnish family.

"We wanted to do it on Finnish soil," said Arne, who has been married for 13 years. "We also wanted to do it so Jacob could be a part of it."

Jacob, 12, a talented musician, surprised his parents by composing a song for them, which he played on the piano during what turned out to be a short, impromptu ceremony.

"We wanted it to be simple and brief, but it kind of got out of hand," Arne said. "It snowballed into a big church thing and we ended up meeting with the church's Vicar to discuss the wedding plans."

During the conversation Arne said, "I told him that I loved Ivy more than ever and I'd do it all again in a heartbeat. Ivy said the same thing so the Vicar renewed our vows right there."

Dr. Vainio says he and his family will go back to Finland again. "We're all changed, we're different and we are all better for having taken this trip."

The documentary, "Walking into the Unknown" is receiving more recognition nationally beginning this fall. It will be shown on public television during October and November – check local listings for show times. It will run periodically over the next four years.

Election Day: Tuesday, November 2

Election Day – Tuesday, November 2 – is approaching quickly. This is a critical election year, with several issues of great importance at stake. These issues will be decided by the people we elect to public office.

This year, Minnesotans will elect a new governor and other state constitutional officers. Voters will also cast ballots for officials in the U.S. House of Representatives, the Minnesota Senate and House of Representatives, and county boards. Some will also elect school board members.

Voting districts

To find your voting district, visit http://pollfinder.sos.state.mn.us. To find the candidates for state and federal offices that will be on your ballot, visit http://candidates.sos.state.mn.us.

Spalding Township

Spalding Township has no polling place, so voters should consider voting absentee. If you aren't registered to vote, you will not receive a ballot. To register to vote, visit www.sos.state.mn.us. Voters in this township can also vote at the Aitkin County Courthouse on Election Day (November 2).

If you have any questions about registering to vote or absentee voting, contact Elizabeth Scott at 320/384-4661 or elizabeth.scott@millelacsband.com.

Absentee voting

For those of you who cannot get to the polls on November 2, you can still vote. By law, you can vote by absentee ballot if you are:

- Away from home on Election Day
- Ill or disabled
- An election judge serving in a precinct other than your own
- Unable to go to the polling place due to a religious observance or belief

The simplest way to vote absentee is to do so in person at your county auditor's office or city or township clerk's office prior to Election Day. To find contact information for your county auditor, visit https://minnesota.overseasvotefoundation.org/overseas/eod.htm

Rides to the polls

The Mille Lacs Band is providing Band members with complimentary rides to the polls from all three reservation districts and in the urban area. If you need a ride, please call Mille Lacs Band Local Community Coordinator Elizabeth Scott at 320/384-4661.

Additional information

The Minnesota Secretary of State website (www.sos.state.mn.us) has several resources for voters. Visit the website for information on voting districts, general elections, absentee voting, voter registration, and more.

If you have any questions about the election, contact Elizabeth at 320/384-4661 or elizabeth.scott@millelacsband.com.

Men's Health Fair Draws a Crowd

Toya Stewart Downey

The annual Men's Health Fair was held on September 1, 2010 at the District I Community Center. This year's event was focused on positive Native American role modeling and how to be healthy Native American men. Attendance this year increased over the previous year. Mii gwech to the Men's Health Fair Committee members for putting this event together and helping bring increased awareness of these issues to the community.

A Conversation with Community Development Commissioner Sam Moose

Sam Moose

By Toya Stewart Downey

If there's one message that Sam Moose, Commissioner of Community Development, wants Band members to know it is that there is a system in place that is designed to offer equity and protect their individual rights.

That is why he has spent the last several months studying and researching the Band's policies and procedures so that he can help educate the community, while enforcing the rules that govern his department.

"We have to follow rules so we don't infringe on the rights of others," he said. "There is a perception that rules are waived for some in the community, but that is not true."

"If that happened, we would be stepping on the dreams and hopes of others," he said.

Instead, the Community Development Department is continuing to address past issues that have caused the misperceptions that some hold to be true, while helping the department evolve so it can continue to service as many Band members as possible.

"Housing is my number one priority," said Sam. "We have hundreds of families who are in need of housing and are looking for an opportunity to be renters. We want to serve them, but we also want to push towards home ownership."

While lobbying for home ownership is certain to take time, the department is addressing other crucial needs such as ensuring that the Band's property is well maintained and available for future clients.

For example, the department has started putting pressure on renters to make sure they are meeting the expectations of their leases, such as paying rent on time, taking care of the property, and not causing undo damages or partaking in criminal activities.

"If they violate their lease, then eviction is possible," explained Sam.

Though it sounds harsh, the department is charged with protecting the Band's investments in the property it owns.

"Assets that are not managed need to be protected through enforcing policies," he said.

Part of the problem, he acknowledges, is that in the past the department didn't follow through on its own policies.

He cites the transitional housing program as one example. The program was created for Band members who needed temporary housing because they were homeless, moving back to the Reservation, or were minors who needed somewhere to stay while they sought housing options.

Those in the program were supposed to follow criteria to help them become self-sufficient including looking for work, enrolling in school, seeking treatment for chemical dependency, and seeking other programs that could assist them as they transition into permanent housing.

"It wasn't followed through," Sam explained. "Transitional trailers became rental units."

When policies in that program – or any other – are not followed, it has a ripple effect on the community at large.

That's why it's important that the department's policies are governed and there is follow through in the procedures. "We need the support of the staff and the community to be successful in our efforts," said Sam.

To help the cause, the department has adopted a transparent way of doing business. Months ago, lists were posted for its housing, rental and renovation programs. The staff is diligently documenting every action they take, along with their communication with clients.

They are beginning to use an electronic data management system that can be instantly updated and will allow authorized users total access to client files. The new system will also allow them to be audited at a moment's notice, which means the record-keeping must be prompt and precise.

"These are the things we're doing in an effort to continue to improve our operations," said Sam. There's more staff training and an interest in continuing to improve the oversight of the department.

Even more important, Sam is interested in protecting the culture and traditional ways. "As we set up our villages, our community, we have to keep the traditional and cultural fabric of society," he explained. "When we're identifying our resources and looking at developing our community, we have to remember how our community accesses those resources such as midewin grounds."

"In villages, families live in clusters. Is that part of the housing policies? The presence of family clusters can be key to helping preserve our culture," he said.

"As we build green, are there park sites we can use for hunting and gathering? These are the things this department should think about," he said.

Band Employee Qualifies for National Senior Games

Jim Ingle

Mille Lacs Band Fitness Coordinator Jim Ingle qualified this summer for the 2011 National Senior Games. He placed in the top three for the 100-meter and 200-meter dashes, earning him a place at the National Senior Games in Houston in July.

Jim first learned about the senior games in the 1980s. Three years ago, Jim, who is now 61, reached his 30-year dream of participating in the Minnesota Senior Games and hasn't stopped since.

In 2009 Jim qualified for the National Senior Games and placed third in the 4x100 relay race.

Jim trains year-round for the National Senior Games, which occur every two years, and the Minnesota Senior Games, which occur annually in Alexandria.

"The games are a great way to stay active, especially as you get older," he said.

All Minnesotans over the age of 50 are invited to participate in the Minnesota Senior Games. There are no qualifying events for the state games, which include archery, badminton, basketball, bowling, cycling, golf, horseshoes, race walk, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, triathlon, and volleyball.

Jim has enjoyed participating in the games so much that he wants to start training Elders. "If you want to participate in the games, I will help you train specifically for the activities you enjoy most."

Twin Cities to host National Senior Games

The National Senior Games Association recently announced that the Twin Cities will host the 2015 Summer National Senior Games. Jim is a board member for the Minnesota Senior Games.

The 16-day event is one of the largest recurring multi-sport events in the United States and the largest multi-sport event in the world for seniors. More than 13,500 athletes over the age of 50 compete in 20 different sports within separate age divisions.

To learn more about the senior games and how to train for them, contact Jim at 320/532-7547.

Band Members Offered Same-Day Walk-In Employment Services at Grand Casinos

Submitted by Grand Casino staff

Grand Casino Mille Lacs and Grand Casino Hinckley offer same-day walk-in employment services to Band members. This means that if you are a Band member seeking employment, you can walk in, fill out an application, obtain a gaming license from the Gaming Regulatory Authority, interview with a human resources representative, and potentially be offered a job – right on the spot. This is a unique service exclusive only to Band members.

Grand Casino Mille Lacs and Grand Casino Hinckley offer competitive compensation, a fun work environment, and great benefits, including flexible scheduling, comprehensive health and dental coverage, and a 401(K) match up to 5%. Other benefits include:

- Paid time off
- Holiday pay
- Optional benefits, such as short-term and long-term disability
- Education programs
- Wellness programs
- Employee assistance programs
- Life insurance
- Prepaid legal services

For more information on the open positions or to update your application, please contact the following human resources representatives:

Corporate Commission
Lisa Murphy at
800/626-5825, ext. 8841

Grand Casino Mille Lacs
Stacey Sanchez at
800/626-5825, ext. 8320

Grand Casino Hinckley
Michelle Emery at
800/472-6321, ext. 4929

Fall 2010 Ceremonial Dance Dates

Merlin & Mick	Mille Lacs	October 1-2
Ralph & Andy	Mille Lacs	October 8-9
Lynda & Joyce	Mille Lacs	October 15-16
Niib & Mushkooub	East Lake	October 15-16
Dave & Skip	Lake Lena	October 22-23
Lee & Larry	Lake Lena	October 29-30
Ole & Elmer	Mille Lacs	November 5-6
Tim & Tom	East Lake	November 12-13
Joe & Reginald	Mille Lacs	November 19-20
Melvin & Perry	Mille Lacs	December 3-4

Four Band Youth to Hunt at Father Hennepin State Park

Four Mille Lacs Band youth have been selected to participate in two Youth Deer Hunts hosted by the Mille Lacs Band Department of Natural Resources at Father Hennepin State Park this fall.

Kelly James Kegg Jr. and James Clayton Kalk will hunt on October 30-31 and Ross Alexander Beaulieu and Chaz Pendegayosh will hunt on December 4-5. The four youth were selected in a drawing on September 17.

Each youth will be accompanied by a mentor. The mentors, who will assist the youth, will not be armed and will not be allowed to shoot the deer.

The Band members will attend an orientation session at the state park prior to the hunts and will be allowed to scout their hunting zone at that time.

Each hunter has a valid Mille Lacs Band big game license and has successfully completed a firearms safety course.

East Lake Convenience Store Receives Perfect Rating

Photo courtesy of John P. Weiers

Front row L to R: Jackie McRae, director small business franchise operations; Mary Reynolds, cashier; Paulie Boyland, assistant manager; Amanda Bruneau, cashier. Second row L to R: Amber Bruneau, lead cashier; Tina Fiester, cashier; and Megan Maki, cashier. Back row L to R: Lawrence Boyd, assistant manager; and Michael Garrow, Commissioner of Corporate Affairs. Not pictured: Crystal Jirava

Submitted by Grand Casino Staff

The East Lake Convenience Store was recently rated 100% for customer service, cleanliness, and brand maintenance during a Mystery Shop evaluation. The store is located in District II on State Highway 65.

Mystery Shop is an independent service that evaluates a variety of customer experiences to determine which areas are performing well and which areas need improvement.

The East Lake Convenience Store was recognized for having warm and friendly greetings, knowledgeable sales Associates, fast and friendly service, and a sincere closing comment at the end of the transaction.

"I am pleased that the commitment and dedication of the customer service team at the East Lake Convenience Store has been recognized by a perfect score," said Michael Garrow, Commissioner of Corporate Affairs. "Every Associate has been working hard to continuously improve the station environment and focus on the needs of our customers."

The Associates are uniquely invested in the store's continued success since a majority of Associates have been with the East Lake Convenience Store since it opened in 2000.

The Associates are what makes the experience at the East Lake Convenience Store. Jackie McRae, Mary Reynolds, Paulie Boyland, Amanda Bruneau, Tina Fiester, Megan Maki, Amber Bruneau, Crystal Jirava, and Lawrence Boyd were all recognized for their hard work and dedication. They received a free catered lunch from Subway, a certificate of appreciation, and a "Shining Star" lapel pin to place on their uniforms. The East Lake Convenience Store will also be listed in *Advantage*, a publication for Marathon Petroleum Companies.

Free Hearing Evaluations

To schedule an appointment for **Friday, October 8**, at Ne-la-Shing Clinic, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Band Members Place First in Men's Golf League

Photo courtesy of the Davis family

Band members Harry Davis and his son Weylin Davis, 27, won first place in the Grand National Golf Course Men's League. According to Harry, this is the first time that Band members have won the league. Weylin is the CRS coordinator in DIII. Harry is the former DIII Representative.

Congratulations, Harry and Weylin.

Circle of Health Updates

By Circle of Health Staff

MinnesotaCare

Changes to MinnesotaCare plans so that enrolled tribal members will no longer be charged a premium amount are expected to be finalized by November 1, 2010.

Please be informed that with this new information, premium payments will only be made for one quarter (October-December 2010). It is important that you send any premium letters you receive to our office. Remember it is your responsibility to get these to our office.

MinnesotaCare will also be refunding the monthly premium amounts to enrolled tribal members back to June 2009. No process has been defined yet, so you may receive a mass mailing letter that you must respond to within a required time. Please watch for any letters from MinnesotaCare.

If you are refunded the premium money, please forward the check to the Circle of Health office because the funds will go directly back into the Circle of Health budget. Circle of Health intends on working with the county to assist in any way we can. If you cash a reimbursement check, it will jeopardize any payments that will be made on your behalf in the future.

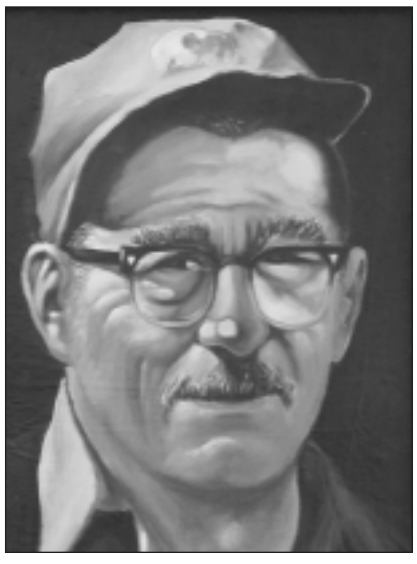
Premium payment

Because it was the end of the fiscal year, Circle of Health processed quarterly premium payments the third week of September. Any Band member who has a private policy should verify that you have already forwarded premium payment letters, notices, or coupons to the Circle of Health office. If you haven't forwarded these letters to us, we only have until the end of October to pay the premium if they honor the 30 day grace period.

Do not assume that we have received a copy from the insurance company; this will end up as non-payment on your behalf – resulting in the termination of your health coverage. It is the Band member's responsibility to ensure that payment information is received by our office.

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L) or Roberta Lemieux (M-Z), or Michelle Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Edge Center Gallery Features Steve Premo's Work



Steve Premo's oil painting of his father, titled "Dad," explores the displacement his dad experienced after returning from World War II. "It paints a larger picture of the contempt and prejudice the majority culture had and still has for natives," Steve said.

Mille Lacs Band member Steve Premo's artwork will be displayed this month in an exhibit at the Edge Center Gallery in Bigfork, Minnesota. The exhibit, which features Native American artists, is titled, "This is Displacement: Native Artists Consider the Relationship Between Land and Identity."

Steve is one of 39 Native American artists from tribes throughout the United States being displayed in the exhibit, which features two- and three-dimensional art, short films, recorded sound art, and written pieces.

"Even as we stand now on native traditional grounds, we have to struggle to maintain our hold on the place we've lived for hundreds of years. 'Displacement' is, to me, a reminder of how we need to be ever vigilant in guarding against those agencies who would still today, try to deny our existence," Steve said.

The Edge Center Gallery will host an opening reception on Friday, October 8, from 5-7 p.m. The gallery is open Thursdays, Fridays and Saturdays from 1-4 p.m. Steve's exhibit will run through October 30.

After the Edge Center, the exhibit will travel to four venues in Minneapolis: Northrop Theater, The Quarter Gallery at the University of Minnesota, Plymouth Congregation Church, and All My Relations Art Gallery.

"This is Displacement" has also exhibited in Anchorage, Alaska, and Tulsa, Oklahoma, and will be exhibited in Houston, Texas.

Tribal Noteboard

Happy October birthday to:

Gabby Sam, 76, on October 11 from Debbie, Jade, Bea, and the rest of your family • **Little Bea**, 22, on October 13 from Debbie, Mataeo, Carmelena, Jade, and Grandma Bea • **Sonya Casteneda**, on October 17 with love from Carmelena, Mataeo, Luciana, Kiera, and Royce • **James**, 1, on October 22 from Debbie, Mataeo, Carmelena, and Great Grandma Bea • **Jon Jr**., 3, on October 23 from Debbie, Mataeo, Carmelena, and Great Grandma Bea • **Jenise**, 5, on October 29 from Debbie, Mataeo, Carmelena, and Great Grandma Bea • **Fred**, 10, on October 25 from Debbie, Mataeo, Carmelena, Great Grandma Bea, and Jade • **Temperance Staples**, 20, on October 8 with love from mom, Richard and Joe Dirt • **Mervel,** on October 25 with love from the Bad Guy, and the rest of your family • **Cyliss,** 5, on October 8 with love from mommy, daddy, Reuben, Cedric, Cedar, Caiarah, grandma and grandpa • **ValaReya,** 20, on October 25 with love from Vannie, George, Cedric, Cedar, Caiarah, Cyliss, grandma and grandpa • **Breanna,** 19, on October 22 with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah, Cyliss, and the rest of your family • **Brandi Nikole Hill**, 21, on October 25 with love from mom • **Merle Skinaway Sr.**, on October 30 with love from your daughter Jewell • **Nancy Zeleznik**, on October 30 with love from Larry, Mary, Jerome, Brenda, Roland III, Brent, Taryn, Dawn, Carmen, all the grandchildren, and the rest of the famly • **Mary Bedausky**, on October 17 with love from Jerome, Nikki, Brent, Taryn, Brenda, Lucas, Roland III, and the rest of your family and friends • **Roberta Ladd**, on October 20 from Mary, Brenda, and Jerome • **Dawne Stewart**, with love from Toya, Tawnya, Brittany, and Jessica • **Terrell Sam,** 11, on October 17 with love from mom, Lance, Tierra, LaDarius, Roland Jr., Gramma Gladys, Papa Ronnie, Collin, Roland, Desi, Lydell, McKayla, Tayaunna, Candy, Clay, Clay Jr., Aubrey, Roxanne, Danica, Auntie Bev, Uncle Rog, Juni, Roy, and Jill • **Evan Potter**, on October 3 from Auntie Gladys and family • **Ruthy Spook Sam**, on October 28 from the GH and Turkey • **Darcie**, 30, from Toddy Lee, Eldayshun, Carla, Kim, Andrew, Bug and family, Ma, Pa, Pat and family, and Georgia and family • **Amelia Benjamin**, on October 25 from grandma and grandpa.

Happy October birthday to Mille Lacs Band Elders!

Richard Boyd
Vivian Bruce
Archie Cash
Albert Churchill Jr.
Ervin Crown
James Dowell
Joycelyn Drumbeater
Jack Dunkley
Byron Garbow
John Garbow
Nancy Gisch
Helena Graikowski
Lucy Hansen
Marene Hedstrom
Delores Hegland
William Hemming
Charles Houle Jr.
Herman Keg
Doreen Knutson
Joan Littlewolf
Emma Mason
Marcella Maurice
Betty Mondeng
Brenda Moose
Evelyn Murphy
Aurelius Nickaboine
Bernice Pewaush
Charlie Roach
Dorothy Sam
Fred Sam Jr.
James Schroeder
Merle Skinaway
Beverly Smith
Charlene Smith
Gloria St. John
Montgomery Staples
Jay Star
Darlene Warren
Nancy Zeleznik

In memory

Remembering "Tuggo"

It will be seven years on October 13 that you went with the Great Spirit. Time passes so quickly it seems like you were here yesterday enjoying our morning coffee and our family gatherings. We still think of you every day and miss you very much. We love and talk about you everyday and think of the silly things you said to us and the crazy things you did. You are gone but will never be forgotten. *From your loving family – Bea, your children, grandchildren, and great grandchildren*.

• • •

It has been seven years that you have been gone. The pain is a little easier now. I can finally talk about you without the knot in my chest. I will love you forever daddy. I still think about what you would be doing if you were still here with the famly and smile because you would be inventing some little gadgets to help mom or heading to your favorite place – the bingo hall. I love you **James "Tuggo" Mitchell** now and forever. *From one of your daughters Debbie*.

Congratulations

Congratulations to **Brian M. Dorr**, son of Wes and Carmen Dorr, who received his Master of Business Administration degree from the College of St. Scholastica on July 30. It takes hard work and dedication to earn a master's degree, you should be proud of your accomplishment. *With love from dad, mom, Angela and Maria*.

Thank you

The family of William Nickaboine would like to thank each and every one of you who had helped in the search for Willie. A big thank you goes out to Auntie Rose, Midge and others who organized the search for my son, our brother, nephew, cousin. Thank you to all individuals and businesses who donated food and water for the search. A special thank you goes out to the MLB Conservation Officers. I was amazed at the tremendous amount of community support of time and effort that had been committed to the search. We can not express the pride and commitment from our community and co workers that was shown for the concern for Willie.

We would also like to say a big thank to all who donated their food, time, and energy for his wake and funeral.

From Arlene, Jo, Jon and family members.

Obituaries

Wanda Marie Shaugobay
Born – 3-20-1965
Died – 9-5-2010
Resided in St. Paul

Julie Elizabeth Weyaus
Born – 7-6-1980
Died – 9-7-2010
Resided in Minneapolis

Unexpected Job Pairs Band Member with Urban Elders

Toya Stewart Downey

Jackie Redearth

Mille Lacs Band member Jackie Redearth needed a job. After five years of working as a Mystic Lake Casino mail courier, she became unemployed this past spring, took a couple of weeks off for rest and relaxation, and was about to start searching for a new job.

"Jobs are few and far between in this economy," Jackie said. "I didn't know what I would do."

But her job search was a short one, thanks to an incidental trip to the Mille Lacs Band Urban Office. Barb Benjamin-Robertson, urban program administrator, asked if Jackie knew anyone looking for a job. Inter-Tribal Elder Services, a local social services agency for Indian Elders, was looking for a full-time receptionist. The Mille Lacs Band's Day Labor Pool program was funding the position.

Jackie applied and was soon hired and working with Elders. Since June, Jackie has been filing, answering phones, fulfilling other office duties, leading Wisdom Steps walks with Elders, and leading a sewing group.

"I'm so glad to have this job," said Jackie, a mother of four grown children and a resident of West St. Paul for nearly 10 years.

Inter-Tribal Elder Services directly serves Elders of all tribes and also refers Elders to other programs. It focuses on helping them stay independent through nutrition and exercise programs, and addresses issues such as traditional tobacco use and prevention of falls.

"We are very grateful to Mille Lacs for the opportunity to have Jackie on our staff," said Norby Blake, executive director of Inter-Tribal Elder Services.

For more information about Inter-Tribal Elder Services, call Norby at 612/724-6499.

Upcoming Events at the Mille Lacs Indian Museum

Beaded medallion workshop

Learn how to make a beaded medallion and accessorize your wardrobe in this two-day workshop. The classes will be held at the Mille Lacs Indian Museum on October 9 from noon-4 p.m. and October 10 from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional $15 supply fee.

Registration is required by October 6. A minimum of five participants is required for the workshop. Please call 320/532-3632 for more information.

God's eye

Kids can learn how to weave a God's Eye to take home on October 16 from 11 a.m.-3 p.m.

The cost is $4 per kit and includes materials and an instructional handout. This project is recommended for children ages 8 and older.

Corn husk doll

On October 30 from 11 a.m.-3 p.m., kids can learn how to create a corn husk doll.

The cost is $6 per kit and includes materials and an instructional handout. This project is recommended for children ages 10 and older.

Please allow an hour to make each craft.

Traditional Medicine and Diabetes

Part two of a traditional health series by Mille Lacs Band Elder Herb Sam

Diabetes is when your blood has too much sugar (glucose) for a long time. This is caused by not having enough insulin or not using it effectively.

Western medicine has a number of pills and injections that can help a person with diabetes get enough insulin and/or use it properly. Unfortunately there is no pill or injection that can permanently "fix" a person with diabetes so they will have enough insulin and/or use it properly regardless of their lifestyle.

However changing what you eat, how you eat, your level of activity, and your stress (in other words, your lifestyle) can make a big difference in your diabetes. Sometimes you can even eliminate the need for pills or injections. Traditional medicine can be very helpful for you if you want to change your lifestyle in order to control your diabetes.

Sometimes traditional medicine can really help your diabetes by changing how your body handles sugar. However it is highly unlikely that the medicine will permanently "fix" your diabetes if you don't change your lifestyle.

Some suggestions

- Traditional medicine may be able to reduce or eliminate the need to take other medicines for your diabetes, but don't rely on just your feelings; check your blood sugar or HbA1c.
- Talk to your health care provider before changing your western medicine treatment plan. They can be very supportive. Western medicine believes in the numbers from your blood test (plasma glucose and HbA1c) and they support many traditional treatments even if they don't understand how the treatments work, as long as the treatments result in the correct numbers.
- If you are given medicine from a medicine man/woman who is visiting, find out how to contact him/her if you need more.
- If the medication upsets your stomach and you cannot eat for quite a while, try to drink liquids with sugar to take the place of the food you usually eat. If you vomit and/or have diarrhea for more than six hours, call your health care provider or go to a clinic.
- Traditional medications can be very helpful in healing wounds.
- Traditional medicine is an important way to connect with yourself, your spirituality, your tribe, and your heritage. Talk with others who have diabetes and use traditional medicine. Do not stop using traditional medicine just because you have diabetes; it may be just the medicine you need.

Moccasin Telegraph

Kenny Weyaus

Fall ricing

By Kenny Weyaus, Mille Lacs Band Elder

The following article appeared in the October 23, 2002, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

Ricing is a very important seasonal activity for the Ojibwe, because wild rice was traditionally the main source of food for our people.

Wild ricing begins in August and runs through October – about three months. In the fall, the rice is not on the big lakes – it's on the shallow lakes with the muddy bottoms. So people would move from the large lakes, where they had been in the summer, to the smaller lakes.

First they would send certain people out to the lakes to see which ones were best that year for ricing. Wild rice depends on Mother Nature. It does not grow on the same lake each year – there may be too much or too little water. So the Ojibwe wouldn't go to the same place each year.

They would find a good lake where they could stay all season, and they would set up camp there. They wouldn't let the people go out and start ricing until the rice was ripe and ready.

Back in those days, each person had a section on the lake. They would tie their section off and kind of make boundaries, and they wouldn't go in another section.

They would go out in canoes. One person would move the canoe forward by pushing off the lake bottom with a long pole, and the other would use two shorter sticks to knock the rice into the canoe.

When they got enough rice to fill up their canoe, they came back in and started processing the wild rice right away. First they would dry out the rice. After it was dry, they would start parching it over heat. They would parch it in big metal kettles to get all the moisture out.

Wild rice has got a kernel and a husk around it. You also parch the rice so the husk will come off.

After the parching, they dig a pit in the ground. This is the men's job. They dig the pit about one and a half feet deep and fill it with wild rice kernels.

Then they stand in the pit and move their feet up and down to get the husks off of the kernels. However, this can easily break the kernels. So you have two poles to lean on. You have to know how much weight to put on the kernels without breaking them. It takes about 30 to 45 minutes to do one pit.

Then, after that is finished, the men give the rice to the women to winnow it. The women put the rice in a winnowing tray and gently toss it in the air. The wind catches the husks and blows them away, and the kernels fall back into the tray.

This whole process for one canoe load of rice takes maybe three to four days. Once one load of rice is finished, you go back out again. By that time, the plants that had been knocked down the last time are standing up again.

Once ricing season was over, the people would go back out to untie their boundary markers. They would shake those markers into their canoes and get more rice that way.

The Ojibwe gathered enough wild rice to last year-round, because it was their main food source. They would figure out what they needed for the winter, and the rest they would take out to the spring sugarbush camp and store in the ground. That supply would be enough to last them from the spring through the next fall.

Ricing is something Mille Lacs Band members still do today. It is one of our most important traditions.

Calendar of Events

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**			**Community Healing Project** Nay Ah Shing Upper School 6 p.m. Every Thursday of the month (See page 4 for more information)	1	2
3	4 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598	5	6 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	7 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	8	9 **Beaded Medallion Workshop** Mille Lacs Indian Museum 12-4 p.m.
10 **Beaded Medallion Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	11 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320/309-6925 **All government offices closed for American Indian Day**	12	13 **Elder Advisory Committee Meeting** District I ALU, 6 p.m. **Ojibwe Language Group Meeting** District I ALU 7 p.m.	14	15	16 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m. **The Boys in Concert*** Grand Casino Hinckley 6 p.m.
17	18	19 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	20 **Candidate Forum** District I Community Center 5 p.m. **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	21 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	22	23
24	25	26 **Healthy Heart Class** District I Community Center Noon Contact: Cyndy Travers, 320/532-7840	27 **District III Community Meeting** Lake Lena Community Center 5:30 p.m. Contact: Gloria St. John, 320/384-6240	28 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 **Urban Area Community Meeting** All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	29	30 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m.
31	Nov. 1	2 **Onamia Indian Education Meeting** Rolf Olson Center Noon Contact: David Sam, 320/532-4901 **Election Day** (See page 5 for more information)	3	4	5	6 **Darius Rucker*** Grand Casino Hinckley 8 p.m.

"What Changes Have You Made to Have a Healthier Lifestyle?"

Sami Thomas

"I just found out I am pre-diabetic so I drink tea without sugar and don't eat as many sweets."

Camille Smith

"I try to eat smaller portions, and I drink a lot of water."

Chilah Brown

"I try to eat more veggies, and I don't eat fast foods."

Kevin Rathman

"A lot of walking and exercise. And I eat healthier."

Lloyd Keoke

"I quit smoking."

Darryl Kalk

"I control my portions, no sugar drinks, I eat more vegetables and a lot of salads."

Nolan Nayquonabe

"I've quit using drugs. It's been two years since I stopped. My kids make a difference in my life every day."

Amanda Nickaboine-Meyer

"I try to work out more. In October, I will participate in the Twin Cities 10-mile run and I did a half-marathon in May. "

Photos by Toya Stewart Downey

Election Word Find

I	B	M	Y	V	O	I	C	E	M	A	T	T	E	R	S	G	J	N	K
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Believe
Challenger
Change
Civic Duty
Consensus
Conventions
Democrat
Get Involved
Elections
Election Judge
Election Protection
Flex Your Muscle
Go Vote
Green Party
Independent
Indian Citizenship Act
I Vote
Laws
My Voice Matters
Native Vote
Our Future
Photo ID
Poll Watchers
Precinct Caucus
Register
Republican
Right to Vote
Utility Bill
Volunteerism
Voter Engagement

National School Lunch Program

Under the National School Lunch and School Breakfast Programs for the 2010-2011 school year, Nay Ah Shing Schools will serve breakfast and lunch meals to all students at no charge.

For additional information please contact Deborah Foye, nutrition services coordinator, at 320/532-4690, ext 2213, or email at dfoye@nas.k12.mn.us.

First-Time Homebuyers Class Available

The Minnesota Chippewa Tribe (MCT) Finance Corporation is offering a first-time homebuyers education class on Saturday, October 23. The class will be held from 8:30 a.m.-4:30 p.m. at the MCT building in Cass Lake.

This class is a requirement of the MCT Finance Corporation for qualified buyers.

Please call Cindy Beaulieu at 218/335-8582, ext. 150 or cbeaulieu@mnchippewatribe.org to reserve your spot in this class.

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The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

November 2010 *"The story as it's told."* Volume 12 • Number 11

Band Community Unites to Promote Peace

Photo courtesy of Marianne Washburn

More than 200 people marched against domestic violence as a part of the Mille Lacs Band's "March for Family Peace."

By Toya Stewart Downey

As they've done for the past decade, the Mille Lacs community gathered on a crisp fall October evening to make a stand for peace. For nine years, Band members joined forces for the Women's Project's "Man March for Peace." This year the theme of the march changed, and more than 200 people participated in the first annual "March for Family Peace."

The march, which promotes peace for everyone, was hosted by the Band's Family Violence Prevention Program.

The march started at the Government Center and ended at the District I Community Center with a short program and feast.

Domestic Violence Awareness Month draws attention to issue

The "March for Family Peace" takes place in October to support Domestic Violence Awareness Month, said Marianne Washburn the Band's family violence prevention program administrator.

"Domestic violence is not just a women's issue, it is everybody's issue," said Marianne. "It has a negative impact on the whole community. Men, women, children, sisters, mothers, fathers, aunties, uncles, cousins, brothers, grandmothers and grandfathers are all affected by domestic violence in many harmful ways," she said.

"Each year more and more men are joining the march, showing that they are willing stop these devastating acts that are hurting their families," Marianne said.

The Band's program has been providing assistance and resources to victims of domestic violence since 1992. Marianne said they changed the name of the program this year to reflect the entire community's involvement.

"Domestic violence has been a hidden issue for far too long," said Marianne. "We hope that by raising community awareness we can put an end to the silence."

Violence goes against Ojibwe teachings

"Domestic violence is against the law and the teachings of the Ojibwe culture," said Marianne. She explained that the Ojibwe culture teaches that violence in any form is wrong and that relationships between Anishinnabe people should be respectful and peaceful.

That same message was echoed by Chief Executive Marge Anderson who spoke at the event and issued a proclamation declaring the Band's commitment to Domestic Violence Awareness Month.

"Chief Executive Anderson spoke about the importance of violence prevention," said Freedom Porter, director of community support services. "In her proclamation, she talked about a return to our traditional nonviolent ways of living that our ancestors enjoyed."

Traditional song and dance provide healing

Following the Chief Executive's remarks, renowned national speaker, Jane Middleton-Moz shared her experience growing up with domestic violence. The drum group Muzhaqwad (Clear Sky) performed a healing song while Morning Star Weyaus did a Jingle Dress dance and Kirby Benjamin performed a hoop dance.

"The Hoop Dance symbolizes the circle," said Freedom. "Everything around us is in a circle and that circle is also for healing."

"We use the circle as a tool for teaching," said Denise Sargent, the Band's Elder services/food distribution coordinator and powwow committee member. Denise shared the healing history of the Jingle Dress and how it was created in Mille Lacs.

Band members energized by event

Rachel Shaugobay, a Band member and one of the organizers for the Community Healing Project, said the march was significant and timely. "I felt other peoples' emotions," she said. "The energy in the room

Continued on page 2

Vote November 2

Together we can make a difference

Polls are open from 7 a.m. to 8 p.m. In some townships, voting may begin at 10 a.m. To find your polling place, visit http://pollfinder.sos.state.mn.us/.

If you have any questions, please call Mille Lacs Band Local Community Coordinator Elizabeth Scott at 320/384-4661 or 320/630-2487.

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Community and Government to Join Forces To Promote Healing

By Toya Stewart Downey

There are many paths to finding healing and there isn't one that works for everyone.

That's why it has become crucial that Band members come together to seek ways to help the community heal from both its historical trauma as well as the present-day problems.

Commissioners Don Eubanks, John Dunkley, Dennis Olson, and Sam Moose, along with District I Representative Sandi Blake shared that message during the District I community meeting held in October.

"We have a lot of healing to do," Don told the attendees. "And one way is to come together and find solutions that will work for our community. There's no right or wrong approach to help our community heal, but we have to find ways to do it."

So, too, says the community.

A similar message was delivered to Band officials after the August community meeting that discussed the continued violence on the reservation and deaths of four young people that happened in the spring and summer months.

After that meeting, the feedback was summarized and the overwhelming response was, "What can we do, what can the tribal government do, how can we address the drug and alcohol problems and the gang violence," Don said.

To help find solutions, the Band government is creating programs, enforcing policies, and looking to the community.

"The changes may be slow, but they're happening," Don said.

"We are looking at what works well and what doesn't, but for now we have action steps, and we want to find out what Band members think about issues."

Within weeks, Band members will be surveyed about issues including chemical and mental health, tribal police, zero tolerance for gang activity on the reservation, banishment options, and other issues.

"We want community support," said John. "We're looking to the community to help with solutions."

Another way appointed and elected officials are getting involved is by attending more community meetings so they can hear directly from Band members.

They are also requesting that Band members join task forces that are being created to address some top concerns and look at social and cultural issues.

Band members are being asked to get involved with the youth, schools and community efforts that will promote healing, such as the Community Healing Project.

Officials applauded the Community Healing Project and said the creation of the grassroots group was just one successful endeavor to come from the August meeting.

Band members will also see changes that will make them feel safer, Sam said.

"Community safety was a huge issue that was raised at the community meeting, and we're going to make Band properties safe and accessible," he said. "We're going to identify problem houses and enforce policies to protect our assets."

Another part of the equation that will help the community is by having more families get involved with the youth, Dennis said.

"We are creating positive programming through the Boys and Girls Club, but that's not the answer to everything. It's a piece of the larger puzzle," he said. "We need support from parents and families, because that's the only way we can develop and improve programs."

Sandi shared a similar sentiment. "We need to come together, and we need to protect our youth. Take the survey, join the task forces…be active and volunteer," she said. "By protecting our youth and volunteering we're moving the community forward."

Band Community Unites to Promote Peace

Continued from page 1

was high, and the room was filled with chatter and laughter."

Rachel said she participated because she wants to see an end to violence in the community. "It's time to redirect our thoughts. It's time to start acting on our words and help one another," she said.

Rachel said the march symbolized "strength, comfort, protection, power, dignity and control."

"I walked behind a petite elderly woman who had a cane in her left hand," she said. "I watched as she took every step with pride and didn't mention anything about the cold or if her legs or feet hurt."

"I saw little girls holding hands and a grandmother running with her grandson," Rachel said. "It was a warm sense of family walking together in support of the same goal. Cars followed behind and didn't attempt to pass us. Everyone was respectful."

Rachel said she hopes that if the community focuses on the subject of violence that it will continue to see more people drawn to putting an end to violent behaviors.

"Violence of every type happens every day," she said. "Respect is one of the major factors to ending violence and this whole week, everyone showed and offered that."

See page 4 for more information on domestic violence.

Firefighters Visit Mille Lacs Early Education

Photo courtesy of Tammy Wickstrom

Pictured are Antavia Pendegayosh, Jada Wind, Myles Johnson, Amare Boyd, Storm Cash, Jenise Smith, and Christina Pike.

Mille Lacs Early Education would like to say chi mii gwech to the Garrison Fire Department for bringing their water truck and the firehouse to teach fire safety. Children toured the firehouse and learned household fire safety tips including checking the door for heat, staying low in smoke, and escaping through a window.

All children received a fire hat and were able to spray the hose. The Garrison Fire Department has generously donated time to provide fire education for several years.

Photo courtesy of Tammy Wickstrom

A member of the Garrison Fire Department helps Band member Isaiah Jackson spray the fire hose.

OMB Updates

By Angella Roby, Commissioner of Finance

Per capita distribution frequency forms

Tribal per capita distribution frequency forms will be mailed this month. This form allows Band members to choose from six per capita payment options. Choose your 2011 payment option carefully as you cannot change your option after the first payments are issued in January 2011. **The deadline to return your frequency selection form is December 17, 2010**. Please send or drop off your completed form in the OMB office at the Mille Lacs Government Center. Please call Jana Sam at 800-709-6445, ext. 7466 with questions or if you need a per capita frequency selection form. Please don't forget to sign your form before sending it to OMB.

For Band members not returning a frequency form to OMB, the per capita payment frequency will remain the same as it was in 2010.

Direct deposit

Direct deposit for per capita distribution payments is available anytime. Pick up an application now or call Jana in OMB. Complete the application, attach a voided check, and turn it into OMB by **November 19, 2010,** for a December direct deposit. There is no charge to Band members for this service.

W-9 forms

W-9 forms need to be completed for 2010 as soon as possible to avoid a $50 IRS penalty. Please pick up two W-9 forms and complete one for 2010 and 2011. A new form needs to be completed and kept on file each year you receive a per capita distribution payment that exceeds $600. If you are completing a W-9 for 2010, date the form before 12/31/10, for 2011, date it 1/1/2011. For all Band members that have not turned in a 2010 W-9 form by March 1, 2011, their April 2011 per capita payment will reflect a $50 garnishment to be paid to the IRS.

December 2010 per capita check distribution

Checks will be distributed to all eligible Mille Lacs Band members on **December 2, 2010,** at each Band member's home district. This distribution will include all adult Band members. Reminder: checks will be given only to the person whose name is listed on the check.

Pick-up locations

Elders, handicapped and homebound persons living in District I, II, IIa, III, and the Twin Cities urban area can pick up their per capita checks on **December 2, 2010**. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIa, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on December 2, 2010.

- District I: Kathy Heyer, 320/532-7472 or Jana Sam, 320/532-7466
- District II: Renee Moore, 218/768-3311 or 877/768-3311
- District IIa: Carmen Green, 320/676-1102 or 877/676-1299
- District III: Michelle Peer, 320/384-6240 or 877/884-6240
- Urban Office: Barb Benjamin-Robertson, 612/872-1424

Your check pick-up site will be at the following centers, depending on where you live:

Mille Lacs Government Center

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center

For Band members living in McGregor.

Isle Chiminising Community Center

For Band members living in Isle.

Lake Lena Community Center

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban Office

For Band members living in Andover, Anoka, Apply Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed, per capita checks will be held at the Mille Lacs Government Center unless you make arrangements for pickup at one of the other districts. To make arrangements, call the contact people listed earlier under "pick-up locations."

Deadline for changing your pick-up site is at noon on November 24, 2010. Any changes after this time will not be valid. Call Kathy Heyer at 320/532-7472 or Jana Sam at 320/532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on the dates listed will have their checks sent out by certified mail by **December 3, 2010** to the address listed with the Tribal Enrollments Office. Your local post office should notify you of the certified mail within 30 days. If you do not receive your check by December 22, 2010, contact Kathy Heyer at 320/532-7472 or Jana Sam at 320/532-7466.

Address and name changes

If your address or name has changed since the last per capita, it is very important that you send in your information to the Enrollments Office. **The deadline for address and name changes is noon on December 22, 2010**. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320/532-7467. For court fines status, call Gilda Burr at 320/532-7401.
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported as "other income" on a Form 1040, as "other income" is not subject to self-employment tax. All December 2010 per capita checks will have federal income tax withheld as all adult Band members will exceed the IRS required withholding amount at that time.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of the per capita, please contact Kathy Heyer in OMB at 320/532-7472 to get a per capita declination form.

Women's Project Morphs Into Family Violence Prevention Program

By Mille Lacs Band Family Violence Prevention Program staff

The Mille Lacs Band Women's Project has changed its name to the Mille Lacs Band Family Violence Prevention Program and soon will be changing the way it looks.

Since it began in 1992, the Women's Project has evolved into a program that provides services to women, children and men in an attempt to prevent family violence. We will create a new logo that reflects our new identity with the assistance of Steve Premo.

New Hinckley office

We have opened another office in District III at the Corporate Commission building in Hinckley. The office is staffed by June Evans, the District III community advocate, who serves the areas of Lake Lena and Hinckley. The new location in Hinckley will help us better serve victims of domestic violence and their children by providing a secure and confidential environment.

New District I staff members

We have hired new staff at the District I office in Mille Lacs to provide services for victims of domestic and sexual assault. Dana Skinaway Sam is the new sexual assault advocate, and Janice Olson is the new community advocate for domestic violence. Their offices are located in the brown building on Ataage Drive.

Program receives two grants

The MLB Family Violence Prevention Program received a $440,000 grant from the Office on Violence Against Women funding under the Grants to Indian Tribal Government Program, to develop a criminal justice intervention program to help reduce domestic and sexual violence. The grant will allow us to maintain an advocate on the reservation (Heidi Fairchild) who is specifically trained to work within the judicial system, addressing issues that hinder effective responses to domestic and sexual violence in our communities.

Through this grant, we hope to fundamentally change the community's response to domestic and sexual violence, eliminate re-victimization, and reduce incidences of violence while ensuring victim safety and increasing offender prosecution. We will also monitor and track cases from initial contact through the closure of the case to create safer and more effective responses.

The MLB Family Violence Prevention Program also received a $754,330 federal grant from the Office of Violence Against Women under the Grants to Indian Tribal Government Program. This funding will allow us to continue offering the Sexual Assault Program, create a new sexual assault coordinator position, and maintain the MLB Family Violence Prevention Program administrator position currently held by Marianne Washburn.

With this funding, we will continue to offer services to the Mille Lacs Band community, provide prevention education, and coordinate trainings for law enforcement officials, judicial officers, and the community. We will also provide community awareness and sexual assault education in the schools and host a sexual assault conference focused on education and healing.

Date Change for District I Community Meetings

Starting this month, District I community meetings will be held the second Wednesday of the month unless otherwise noted. Meetings will start at 5:30 p.m. at the District I Community Center.

The November community meeting will be held on November 10, however the December community meeting and Christmas party will be held December 15.

Dates and times will be posted on the Band's website at www.millelacsband.com, and meeting recaps will be provided in the *Ojibwe Inaajimowin*.

Band Receives Grant to Address Teen Pregnancy, Gang Violence, and Substance Abuse

By Toya Stewart Downey

Thanks to a "Strengthening Public Health Infrastructures for Improved Health Outcomes," grant awarded by the Centers for Disease Control, the Band will receive $500,000 to address critical public health issues. For the next five years, this grant will provide the Band with resources to prevent teen pregnancy, gang violence, and substance abuse on the reservation.

Lisa Blahosky, the Band's director of public health and the project's director said, "Our main focus is prevention. What makes this effort unique is that were collaborating on a regular basis with other departments, such as the tribal police, education, and behavioral health, to meet our goals."

"Everyone involved will communicate with the grant coordinator," explained Lisa. "That will help us collaborate our efforts."

Achieving the project's goals will be the top priority of the prevention specialist manager who will be hired to oversee the grant and coordinate events, said Elysha Gellerman, the grants director for the Band.

Part of the plan for achieving positive outcomes includes holding monthly events for families and the community that focus on prevention efforts.

Another part is that the prevention specialist manager will create an epidemiology report, or a snapshot of the community's health as a whole, that will offer data on Band members and their health needs. This information will be used to help determine other initiatives that might be needed.

Through regular interaction with the community, "the information that we gather will help us succeed, because we can use their thoughts and ideas," Lisa said.

The narrative for the application stated, "The prevention specialist manager will enhance our ability to combat the persistence of gangs, teen pregnancy, sexually transmitted diseases, and substance abuse."

"These risk factors can lead to preventable deaths on our reservation. Since a majority of our population is young, we want to provide tools to choose other, more positive lifestyles."

"We believe that education leads to increased economic, physical, and social health in the community…By developing educational strategies, our younger populace will have the tools to make healthier life decisions."

The services provided by the grant will be concentrated in Districts I, II and III. Because the grant is specifically geared for rural areas, the urban area will not be part of this effort.

The project will target entire families who can help promote prevention efforts, Lisa said.

"I hope that the community gets involved and continues to remain involved," she said. "The goal is to bring all of us together and get something accomplished."

The Facts About Domestic Violence

Submitted by Mille Lacs Band Family Violence Prevention Program

Domestic violence is a pattern of coercive behaviors used by one person to control another person in an intimate relationship. It is not about anger or a bad temper, it is about power and control of another person's being.

These behaviors may include:

- physical or sexual violence
- threats and intimidation
- emotional abuse
- destruction of property
- abuse involving children

Abuse is serious, terrifying, and sometimes deadly. It destroys families and damages everyone involved, including extended family and friends. No one deserves to be abused.

If you or someone you know is a victim of domestic violence, call 866/867-4006.

Domestic violence national statistics:

- On average, more than three women are murdered by their husbands or boyfriends every day in the United States.
- 1 in every 4 women will experience domestic violence in her lifetime.
- 15% of victims of domestic violence are male.
- More than half of female victims of intimate violence live in homes with children under the age of 12.
- Between 3.3 to 10 million children witness some form of domestic violence annually.

Mille Lacs Area State Legislative Candidates Participate in Forum on Reservation

Toya Stewart Downey

Elizabeth Scott, Keesha Gaskins, Executive Director of the League of Women Voters, Gail Kulick Jackson, Dave Brown, and Lisa Fobbe.

By Toya Stewart Downey

Approximately 75 members of the Band and surrounding community had an opportunity to hear from candidates running for office during a debate held last month at the Mille Lacs Band District I Community Center.

Senator Lisa Fobbe (DFL), challenger Dave Brown (R), as well as Representative Gail Kulick Jackson (DFL) participated in the debate.

Challenger Sondra Erickson (R) accepted the invitation to participate, but was not able to attend the forum. She is running against Gail in the state representative race.

During the 60-minute debate, candidates addressed topics including education, abortion, community violence, whether to raise taxes, the health care system, and the state's economy.

They also discussed gaming, their relationship with the Band, and ways of bridging the gaps between the Band and the non-Indian community.

When asked why they wanted to be reelected both Lisa and Gail, who have served their first two-year terms in their respective offices, said they want to continue the work they've started.

Dave said he hopes to unseat the incumbent to focus on promoting his conservative fiscal philosophy that includes freezing state spending and balancing the budget.

The candidates were also asked what they've done to build relationships with American Indians.

"It's a priority for me to have relationships with all communities of color," said Lisa. "For the past two years, I've worked with the Mille Lacs Band to build bridges, to get to know each other, and to make a better world for everyone."

Dave said he values relationships with American Indians and thinks it's important, but he hasn't developed relationships either personally or professionally with the group.

Gail said she's had a long relationship with the Band dating back to her days in the court system when she worked with Band youth and their families.

"The relationship has evolved to a wonderful open door relationship, and I'd like to take a lead role in expanding collaboration and expand services."

Another question the candidates addressed was the expansion of gaming.

"I don't support state casinos or racinos," said Dave. "It would affect the area."

He added that he doesn't support taxing the Mille Lacs Band.

His opponent, Lisa, said she doesn't support the expansion of gaming.

"This casino is the largest employer in this district," she said. "It is the largest property tax payer in the area. We need to do public relations to show how great this resource is."

Gail said she doesn't support, "anything that would lose jobs in this area."

Though she did say she had a personal issue with gaming and its societal costs.

The candidates were also asked what they would do to create harmony between the Indian and non-Indian communities.

"I don't understand the world of Native Americans but I want to learn and I know we can work together," said Dave adding that he wants to foster positive relationships for the entire community.

Gail said she wants to have honest dialogues, help overcome intolerance, build respect, and maintain an open door policy.

"Our communities have too much to offer each other.

Lisa said her plan would be to help manage relationships built on respect and trust. She would like to make decisions with the community and "not shy away from any person or any relationship."

The non-partisan forum was sponsored by the Mille Lacs Band of Ojibwe, Native Vote Alliance of Minnesota, and Mille Lacs Academy. It was moderated by the League of Women Voters.

New Nurse Assists Band Veterans

Band veterans will now have better access to Veterans Affairs services through the Ne-Ia-Shing clinic. Linda Kedrowski, a nurse with the U.S. Department of Veterans Affairs (VA), will be at the clinic Mondays and Fridays to help Band members identify and enroll in VA services.

Before Linda began working at Ne-Ia-Shing, Band veterans needed to go to VA offices in Duluth, Brainerd, Saint Cloud, or the Twin Cities to receive services. Now Band members can gain access to some basic services at Ne-Ia-Shing. Veterans requiring specialized services will still need to travel to another clinic.

Linda's services are funded by a grant from the Office of Rural Health. The goal of the grant is to promote VA services on the Mille Lacs Reservation.

The VA hopes to expand the program and have a full-time nurse practitioner who will offer primary care services at each of the clinics on the reservation. The VA is in the process of recruiting a nurse for this position.

To make an appointment with Linda, contact the Ne-Ia-Shing clinic at 320/532-4163.

Quit Smoking During the Great American Smokeout

Submitted by the Public Health Department

The American Cancer Society's Great American Smokeout Day is Thursday, November 18. For the past 32 years, the organization has encouraged people all over the world to quit smoking for a day or reduce their smoking as much as possible.

Traditional tobacco use honors life, but chewing, dipping, and cigarette smoking are not traditional ways to use tobacco. We need to make history and make Mille Lacs Band of Ojibwe facilities and functions smoke-free, because secondhand smoke is just as hazardous to our health as smoking. There are no safe alternatives to cigarettes.

An estimated 46 million adults in the United States currently smoke, and approximately half of them will die prematurely from smoking. Forty percent of American Indians smoke – the highest rate of any ethnic group in the United States.

Smoking increases your risk of major health problems, including cancer, heart disease, stroke, lung disease, gum disease, and eye problems that can lead to blindness. Smoking during pregnancy can cause premature births and other problems. Smoking is also a risk factor for Sudden Infant Death Syndrome (SIDS).

The secondhand smoke from cigarettes can hurt the lungs and hearts of smokers and the people around them, especially young growing children.

Quitting smoking is extremely hard, and relapses are common. Here are some tips to help you quit smoking.

- Chew sugar-free gum, candy, or minted toothpicks, but only consume a small amount of sugar-free candy, because some have a laxative effect.
- To stop thinking about smoking, do breathing exercises or go for a brisk walk.
- If you need to have something in your hand, hold a small stress ball or listen to peaceful music.

If you have any questions regarding the Great American Smokeout or would like help quitting smoking, visit Roberta Ladd at the Public Health Department or call 320/532-7812.

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Lessons Learned While Visiting Mille Lacs Had Strong Impact on Hungarians

Toya Stewart Downey

Delegates from Hungary thanked Band officials after spending the day touring the reservation and meeting with elected and appointed Band officials.

By Toya Stewart Downey

It wasn't until Mariann Versene visited the Mille Lacs Band Reservation that she realized the stories she read as a child about American Indians presented her with a distorted picture of the people and their culture.

That's why Mariann said she was thrilled to learn the "real story of American Indians and the Mille Lacs Band," during her day-long trip to the reservation.

Mariann was one of a handful of citizens from Hungary who spent a day in District I in October touring the reservation, meeting with Band officials and staff, and learning more about the Band's government, education system, people, and culture.

Mariann said she thought it was quite significant that a woman holds the highest leadership position in the Band's government. "I admired that everyone was so respectful of her."

The group was in town as part of International Visitors Leadership Program sponsored by U.S. State Department. The purpose of the trip was to highlight social integration of minorities into the mainstream society.

During their time in the United States, the group visited Washington, D.C., learning about federal governments and agencies that work on civil rights issues.

They stopped in New York City to learn about the struggles of minority groups, including blacks and Hispanics who live in Harlem. They visited schools and got to see the diversity and culture throughout the city.

The time spent in Minnesota included meeting with the Band, the Hmong community, and the Muslim community, as well as attending state-level meetings.

After Minnesota, they continued on to Salt Lake City, Utah, to learn more about Mormons and their value system, along with their struggles. The last leg of the tour was spent in Little Rock, Arkansas, studying the civil rights movement.

The group, who refer to themselves as gypsies, are also known as Hungary's Roma population. The Roma are the country's largest minority population.

It is estimated that the Roma make up 10 percent, or 500,000, of Hungary's population, but suffer disproportionately from unemployment, poverty, and substandard education. They also struggle with social acceptance and equal opportunity.

It is a goal of the Hungarian government to address the needs of the Roma community to ensure a stable and prosperous future for the country.

Many in the group said they saw parallels between the gypsy population and American Indians, including the loss of culture, misrepresentations in history, and other discriminatory practices that have plagued both groups.

Anna Kelemen, who is the head of the health committee for the Roma Integration Council, said that during the time she spent on the reservation she saw many positive examples of initiatives that she'd like to replicate back home.

"We need to make the population visible, and we are failing," she said. "I got confirmation in the U.S. that women can be in leadership positions and that hard work can help us gain opportunities for success."

"We have to work harder to create opportunities for gypsies and Hungarian women. But the most important result of this visit is it gives me hope…I feel empowered," she said. "What I have witnessed here today has an excellent value for me because I see there are ways to achieve something similar."

"It will be a long struggle, but this shows me there is a way out and that's what the Mille Lacs Band gave us," she said. "They gave us ways to preserve our language and our culture."

During the time spent with Band officials and staff, the group peppered them with questions about the government system, tribal law, sovereignty, the election process, religion, history, the constitution, other Minnesota tribes, education, and preservation of language and culture.

Elizabeth Scott, local community organizer for the Band's Government Affairs Department helped coordinate the visit. "It's important for the Mille Lacs Band to reach out to the international community, so that we can learn from each other," she said.

"I always enjoy participating in the tours because it opens my mind to different cultures and at the same time, reminds me that the Mille Lacs Band and Indian Country share many of the same problems with other countries," Elizabeth said.

Mille Lacs Band Commissioner of Administration John Dunkley said, "This is the third visit from a foreign delegation with the International Center at the University of Minnesota. It amazes me that we, as the Mille Lacs Band, have more in common with these delegates than we have differences."

He said the exchange of culture, language and history shows that indigenous people's struggles know no borders or boundaries. "We are able to connect with people beyond our reservation on common goals and ideals. It is truly a humbling experience, and we should be thankful for our position in the tribal community, the state, and the United States," said John.

Istvan Kamaras, who was born in a shanty town, but is now pursuing a Ph.D and has organized a college for gypsy students, said he had a great appreciation for the Mille Lacs Band and its evolution.

"There are a number of things I want to think about how to apply this back home," he said. "We learned of practices that would be very beneficial, not only to the gypsies but to all of us."

Day Labor Pool Seeks Funding to Continue Program

By Toya Stewart Downey

The value of the Band's Day Labor Program can't be weighed in dollars and cents.

Instead, its success is seen through the hundreds of Band members that have been provided employment and self-sufficiency during its run.

That's why leaders are seeking additional sources of funding to keep it operating for as long as possible.

To help keep it functioning, the Band Assembly appropriated an additional $450,000 that would help cover costs for a few months longer while funding is being sought.

"It costs about $7,000 to $10,000 a day to operate, based on the number of participants," said the Band's Secretary/Treasurer, Curt Kalk.

"We would love to see it continue if we have additional funding," he said. "The $450,000 is carried over from unspent revenue from the previous year."

"The program gives people income, something to look forward to and it promotes harmony," Curt said. "That's why we felt it was important to appropriate funds."

"'We want to keep it going, and we're keeping our fingers crossed that it happens."

Some of the funding to keep the program operational might come through grants or perhaps through the Band's TANF program.

During a recent Band Assembly meeting, District I Representative Sandi Blake said she's seen the labor pool clients exhibit strong work ethics – including having good attendance.

Commissioner Carolyn Shaw told Band Assembly members that the program has more positives than it does negatives and the ultimate goal is to "get people hired into full-time jobs."

"We want Band members to go where they want to go career-wise."

Currently there are about 190 Band members employed and about 350 who have signed up for the program. However, program administrators aren't pursuing further employment opportunities for the fall and winter due to funding uncertainties, said Connie Kevan, the Band's department of labor planner.

Policy Changes Made to Minor Trust Accounts Withdrawls

By Toya Stewart Downey

New policies recently went into effect to govern the circumstances in which family members can request withdrawals from minor trust fund accounts.

The new Net Revenue Allocation Plan mandates that all withdrawals must be made for the benefit of the minor and must be based on an unforeseen emergency of the minor.

"It was discussed by the previous Band Assembly because we started to see too many hardship withdrawals," said District I Representative Sandra Blake. "So we started to review the policy and the current Band Assembly adopted the changes to protect the minors' accounts."

"We saw that more people requested hardship withdrawals based on the general welfare of the child," she said. "However, it's the parent's responsibility to take care of their child and not rely on a child's trust fund to live."

That's part of the reason that the Band Assembly wanted to raise per capita amounts to adult Band members so they would be less inclined to request emergency loans or hardship money from their child's account, said Secretary/Treasurer Curt Kalk.

Curt said too many requests were coming in for ordinary reasons such as paying rent or to pay for car repairs rather than specifically for the child.

He expects that going forward families making requests will make sure the money directly benefits the child. "Because of the changes, people are going to find out that [relying on their child's trust account] isn't the avenue to take," Curt said.

Legislative Counsel Elaine Smith said the previous Net Revenue Allocation Plan (adopted in 2005) allowed the Band Assembly to determine if an amount could be withdrawn from a minor's trust fund "due to special hardship, or for the health, education or welfare of the beneficiary."

The previous policy said the family had to provide written requests and receipts for expenses. The decision was made at the discretion of the Band Assembly.

However, defining the term "special hardship" became problematic and the Band Assembly had to determine if the current practice was in the best interest of protecting the minor.

Elaine said that after working with an outside tax consultant, the Commissioner of Finance and the former Band Assembly body concluded that "it was necessary to narrowly define the reasons when a minor's trust fund could be disturbed or tapped."

The term "unforeseen emergency" is defined as a "severe financial hardship to the beneficiary resulting from sudden and unexpected illness or accident of the beneficiary or a dependent (as defined in IRC section 152(a)) of the beneficiary, loss of the beneficiary's property due to casualty, or other similar extraordinary and unforeseeable circumstances arising as a result of events beyond the control of the beneficiary.

"In no event, should such amount exceed $10,000 and the minor's trust fund will be reduced to reflect the amount of the withdrawal. Similar to the previous procedure, the request must be written and on a form prepared by the Band Assembly."

Curt said the new policy offers another layer of protection for minors. And it allows those accounts to grow and accrue interest over the years. It may also encourage minors to complete their high school educations as well as pursue some other form of higher education, Sandi said.

"The new revenue allocation plan changes how and when minors get their money. They get a partial sum, based on their education," said Sandi. "In the long run, it could help motivate them to complete their education."

Nay Ah Shing School Celebrates New Programs

Photo courtesy of Nay Ah Shing School

Nay Ah Shing staff received hooded sweatshirts to celebrate a great start to the school year.

By Mary Simon, Nay Ah Shing principal

The 2010-2011 school year is off to a quick start, and Nay Ah Shing has implemented several new programs to help better meet the social and emotional needs of students and create a welcoming environment that is conducive to learning for all students.

Nay Ah Shing has implemented a new approach to social learning called the responsive classroom. The premise of this learning approach is that the healthier students' relationships are in a school, the more successful they will be both academically and socially.

When students feel they belong to a community that cares about them they feel safe enough to take risks in learning, show who they are and what they know, ask questions, admit mistakes, and repair damage.

Daily circles are an important aspect of the program. They build the groundwork for positive and trusting relationships necessary for optimum learning. Each day students in grades K-4 have a morning meeting and students in grades 5-8 have a circle of power and respect.

The ultimate goal of the program is for students to feel that they belong. Establishing and maintaining trust between students, teachers and staff who work at the school is also a critical element to school success.

Other social programs offered at the school include the Restorative Justice Talking Circle, Alateen/AA, and weekly sessions to address issues of grief and loss among students.

Nay Ah Shing School also offers a very strong academic program. All courses taught at Nay Ah Shing meet or exceed K-12 state standards.

Nay Ah Shing is implementing the nationally recognized Reading First Program for grades K-4 for the sixth straight year. This program has met or exceeded our expectations for student growth.

A new reading program called Read 180 is being implemented in the middle school and high school this year. The school is anticipating significant student gains in reading and language arts throughout the year.

Nay Ah Shing School made Adequate Yearly Progress (AYP) for the 2008-2009 school year. Data is currently showing that AYP was achieved in the 2009-2010 school year in the areas of math and reading, although the overall attendance rate for students was 1.1% below the AYP standard for Minnesota.

The school also offers several other programs, including the National Honor Society, gifted and talented programming, business and financial management classes, American Indian Business Leaders, vocational arts class, drumming, video club, chess club, book club, cheerleading and dance club, and a full array of sports.

Recent Community Healing Project Events

Submitted by Community Healing Project staff

The Community Healing Project recently hosted a youth Halloween art contest and two fundraisers.

Natalie Bueno won first place and Denise Anderson won second place in the 5-12 age division of the Halloween art contest. Nathan Wind won first place and Paige Mitchell won second place in the 13-17 age division of the contest.

We appreciate everyone that supported and contributed to our spaghetti dinner and basket social fundraisers for our future youth and family activities.

A special thanks to everyone who donated to the spaghetti fundraiser, including ALU Cooks, Elders, Nancy Harliss for donating baskets, Secretary/Treasurer Curt Kalk, District I Representative Sandi Blake, the Workforce Center, DNR conservation officers, community center maintenance staff, and the Day Labor Program.

Winners of the drawing at the basket social fundraiser included Jeff Matrious, Debbie Mitchell, Connie Kevan, Doug Sam Jr., Rose Wind, and Lorna Weous.

Keep an eye out for flyers for future events. Mii gwech.

Free Hearing Evaluations

To schedule an appointment for **Friday, November 12**, at Ne-Ia-Shing Clinic, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Circle of Health Updates

By Circle of Health Staff

Circle of Health policy change

As of October 1, 2010, Circle of Health will pay co-pay and deductible amounts for first-line descendants who remain full-time students through the age of 23. Documentation is required to verify the students' full-time status. Circle of Health will not honor any services that occurred before October 1, 2010. Please call your claims processor with any additional questions.

The descendant must be on an active Band member's policy for co-pays and deductibles to be paid, and proof will be required. The Circle of Health Board reserves the right to review and/or discontinue payment of co-pays, deductibles, and premium amounts of a non-enrolled descendant.

Medicare Part D changes

Changes to Medicare Part D prescription plans can be made during the enrollment period, which lasts from November 15 through December. Any changes made will be effective on January 1, 2011.

MinnesotaCare

MinnesotaCare is refunding monthly premium amounts to enrolled tribal members back to June 2009. Please continue to watch for any letters or refund checks from MinnesotaCare. The checks will be directly mailed from the State of Minnesota Management and Budget Department.

If you are refunded the premium money, please forward the check to the Circle of Health office because the funds will go directly back into the Circle of Health budget. Circle of Health intends on working with Mille Lacs County to assist in any way we can. If you cash a reimbursement check, it will jeopardize any payments that will be made on your behalf in the future.

Social Security annual award letter

Medicare recipients will receive their 2011 Medicare award letters at the end of November or the beginning of December. Even though your Medicare premium amount may not change, our office still needs a copy of your letter. Circle of Health has mailboxes at the government center and the Ne-Ia-Shing Clinic. A Circle of Health benefit coordinator will be at the District I ALU craft room every Wednesday from 9 a.m.-1 p.m. for your convenience.

Circle of Health needs to receive a copy of the letter by the end of December to ensure that your reimbursement will be processed for the first quarterly scheduled date (the second week of January 2011).

Several other departments require this letter, so please make extra copies of this letter and keep your original.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L) or Roberta Lemieux (M-Z), or Michelle Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Tribal Noteboard

Happy November birthday to:

Leonard Sam, on November 11 with love from Tracy, Kelly, Kellen, Jay, Rachel, Taya, Noah, June, Jen, Wesley and Deek • **Geetz**, 21, on November 11 from grandma, Auntie Leo, and Nick • **Stone Shingobe**, 8, on November 2 with love from mom, DeaLayna, Derek Jr, Frances, grandma, Selena, Mary, Rae, Jim, Jack, Bruce, Simone, Joe, Doni, Baby Joe, Dante, Baby Mase, Shawsha, Sheila, Soul, Nettie, and Damen • **Frances Rose Shingobe**, 5, on November 30 with love from mom, DeaLayna, Stone, Derek Jr, grandma, Rachel, Mary, Jim, Jack, Bruce, Joe, Simone, Selena, Dante, Doni, Shawsha, Sheila, Baby Joe, Baby Mase, Soul, Damen, and Nettie • **Baby Joe**, on November 2 with love from Auntie Danielle, DeaLayna, Stone, June Bug, Frances, grandma, mom, dad, Simone, Doni, Sheila, Mary, Selena, Dante, Soul, Damen, Jim, Nettie, Jack, and Bruce • **Ron Smith**, on November 1 from Rog, Bev, Junior, Jill, Roy, Ahnug, Gladys, Roland, Roland Jr., Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, and Danica • **Roy Garbow**, on November 12 from mom, dad, Juni, Jillian, Ahnug, Gladys, Roland, Roland Jr., Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, and Danica • **Basil Harrington**, 14, on November 5 from the entire Harrington family, Jacob, Jamie, Aiva, Mark, Emery, Max Dean, Auntie Rachel, and Uncle Waylon • **Jason Lee Sam**, on November 20 from Auntie Barb and family • **Dakota Gahbow**, on November 21 with love from mom and Kyla • **Lydell Boyd**, 16, on November 27 with love from mom, dad, Kayla, Tayaunna, Grandma Gladys, Papa Ron, Roland, Roland Jr., Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Danica, Aunty Bev, Uncle Rog, Juni, Roy, and Jillian • **Lenore Potter**, on November 1 from Aunty Gladys, Ron, Roland, Roland Jr., Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Danica, Aunty Bev, Uncle Rog, Juni, Roy, and Jillian • **Brandi Jo Wagner**, 21, on November 9 from Gladys, Roland, Roland Jr., Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Danica, Bev, Rog, Juni, Roy, and Jillian • **Jennie Weyaus**, 96, on November 14 from Elfreda, Leonard, Kenneth, Herb, Delsie, and Joanne • **Xavier Alexander Donahue**, 1, on November 7 with love from mom and dad • **Sophie LaDue**, 4, on November 5 with love from mom, dad, Addison, Devin, Auntie Debbie, Carmelena, Mataeo, Jessica, and Grandma Bea • **Lori Benjamin**, on November 1 from Debbie, Jade, Carmelena, Mataeo, Stinky Toes, and mom • **Lauren Smith**, on November 19 from Debbie, Mataeo, Carmelena, Damien, Lexie, Destiny, and Katelyn • **Lashelle Boyd**, on November 24 from Auntie Debbie, Carmelena, Mataeo, Jessica, and Grandma Bea • **Precious William**, 12, on November 19 from mom, sisters, brother, grandma, aunty and cousins • **Thomas Jones**, 33, on November 22 from your sisters, mom, nieces and nephew • **Karen Jones**, from your family in Minneapolis • **RaiLei Lanae**, 2, on November 4 from mommy, daddy, Kelia, Latrice, Aunty Candy, Cyrell, Grandma Mar, Grandma Brenda, Grandma Darlene, Grandpa Ed, Grandma Chris, Johnny, and Uncle Richard • **Cassidy**, on November 7 with love from Auntie Minnie, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Gabriella, Lance, and your family in Isle • **Paul Bunny**, on November 21 with love from your sista, Herb, Elle Nevaeh, Bunks, Tommy Lee, Gabriella, Lance, Buck Jim and APB • **Thomas White**, on November 25 with love from your we-eh, Tommy Lee, Jaxin, Elle Nevaeh, Chaddy, Gabriella, and Lance • **Shanny Granny**, on November 26 with love from Auntie Minnie, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Gabriella, Lance, Tina, Jose, Honey, Double D, and your family in Isle.

Happy November birthday to Mille Lacs Band Elders!

Floyd Ballinger
Clifford Benjamin
Irene Benjamin
Barb Benjamin-Robertson
Charles Boyd
Alice Carter
Mary Curfman
Richard Dakota
Michael Dorr
Melvin Eagle
Donald Eubanks
Terrance Feltmann
Roger Granger
Eileen Johnson
Jo Ann Johnson
George LaFave
Sidney Lucas
Darlene Meyer
Mary Meyer
Marie Nahorniak
Rose Noonday
Elizabeth Peterson
Ralph Pewaush
David Sam
Leonard Sam
Mary Shedd
Kenneth Shingobe
Ronald Smith
Maria Spears
David Staples
Beatrice Taylor
Donald Thomas
John Thomas
Joyce Trudell
Lawrence Wade
Linda Wade
Jennie Weyaus
Natalie Weyaus
Patricia Xerikos

Thank you

Thank you to the **day labor bush crew, lawn care, and cleaning ladies**. You did a great job at our house and you are making the area look great. *Chi mii gwech from Agnes Day Pendegayosh and Karen Harrington*.

• • •

The Elder Services Program would like to say mii gwech to the **Legislative Branch** for their contributions to our program and to the **Chief Executive staff** who assisted with the NICOA trip.

Anniversaries

You know I love you, and you must know too that my happiest moments are those spent with you. For when we're together, or when we're apart, you're first in my thoughts and first in my heart. Happy anniversary, I love you, **Carrie**. *From Joe*.

• • •

Happy 34th anniversary to **Clarence (Tarz) and Irene Boyd** on November 20. *With love from Judy, Rodney, the girls, and great grandchildren*.

Congratulations

Congratulations to **Sharon Benjamin** for receiving her AAS degree on May 14, 2010.

In memory

On October 22, it was one year that my son **Kalen (Oz)** passed on to the spirit world.

Ozzie, you joined others that have gone before you and one (William) that joined you too soon.

We always spent holiday dinners together. I will always remember the times we visited, and laughed about things that happened in the past.

You are sadly missed by your mom, brothers, sisters, children, grandchildren, nephews, nieces, aunts, uncle, cousins, and other family members. *Love you and miss you always from mom*.

Obituary

Bradley Thomas Simons
Born – 4-9-1964
Died –10-8-2010
Resided in St. Paul

All District Softball Tournament

Photo courtesy of Weylin Davis

The District III Community Recreation and Sports Program hosted the second annual all district softball tournament on Saturday, October 9. The District III team and District I team played the best out of three games and District III was able to defend the trophy.

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Powwows, Potlucks and Diabetes

Part three of a traditional health series by Mille Lacs Band Elder Herb Sam

Nothing beats getting together, having fun, and eating with friends; that is what powwows and potlucks are all about. The happiness and laughter are good medicine for you. They lower your stress and lift your spirits. But all that food and great tasting fat can pose a challenge to someone with diabetes. Here are some suggestions on how to eat right at powwows and potlucks.

- Have a snack before going to take the edge off your appetite, spread out the food, and decrease the resistance to sugar uptake.
- Bring your own water or diet pop. Drinking them will help reduce your appetite.
- Take the opportunity to try low-fat foods prepared in new ways. Take small servings, and try more dishes.
- Use smaller plates that hold less food. Pace yourself between trips. It takes the stomach 15 to 20 minutes to know its full.
- Bring a dish to the potluck that shows how great a low-fat dish can taste.
- Look for interesting salads, fresh fruits, and vegetables.
- For the dishes you like, go back for the recipe not seconds.
- If you take something that isn't worth the calories, don't finish it.
- Plan to walk or dance off some of the extra calories.

Remember to have fun and enjoy the company.

Ojibwemowin

History of Ojibwe clans

According to Anishinabeg tradition, the Creator gave the Ojibwe people the clan, or dodem, system long ago. Ojibwe custom states that there were originally six beings that arose from the sea to live among the Anishinabeg: wawaazisii (bullhead), ajejauk (crane), makwa (bear), moosance (little moose), waabizheshi (marten), and bineshii (thunderbird). These beings created the original clans.

One of the original six beings, the thunderbird, always kept his eyes covered because when he looked at the Anishinabeg, they died. Because of this, the other five beings urged bineshii to return to the sea. And that is why the Anishinabeg do not have a thunderbird clan today.

Clan identity is passed on through the father. While they may not be relatives, members of the same clan consider each other brothers and sisters, and they are expected to extend hospitality, food and lodging to each other.

Here are some of the most common clans and their distinct characteristics:

- The largest clan was the bear clan. Bear clan members were known as war chiefs and warriors, and for their thick black hair that never whitened, even in old age.
- Members of fish clans – bullhead, sturgeon, catfish, northern, whitefish, merman and sucker – were known for long life and baldness in old age. Fish clan members claim that their ancestor was the first to appear out of the sea.
- Members of the crane clan were known for their loud and clear voices, and were recognized as famous speakers.
- The wolf clan produced scouts. Wolf clan members lived mostly around Mille Lacs and St. Croix.
- Marten clan members served as pipe bearers and message carriers for the chiefs.

Eight clans have been identified among the Mille Lacs Band: lynx, bear, marten, bullhead, wolf, bald eagle, sturgeon, and little moose.

Clans remain important today as an enduring part of the Ojibwe heritage and a way to keep track of blood lines. Members of the same clan often greet each other with "Aaniin, indodem" ("Hello, my clan"), and people often request to have their clan symbols put on their grave markers to indicate clan lineage. Because clans generally extend beyond the various Ojibwe bands, they also help unite members of different bands as one nation.

Moccasin Telegraph

Jim Clark

How tobacco is used

By Jim Clark, Mille Lacs Band Elder

The following article appeared in the November 20, 2002, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

There was a fellow who came to visit Mille Lacs about three or four years ago. He came in from Chicago, and he was trying to find out how the Anishinaabe tap maple trees and make the maple syrup here in the spring.

The man went out to where our people were tapping the maple trees so he could watch them. And of course, there were some Anishinaabe men out by the maple trees who put tobacco by the trees and talked in our language.

Well, the man from Chicago went back home and wrote an article that said those Indians don't know anything – they go outside and throw tobacco by the trees and talk to them.

He didn't understand that the men weren't talking to the trees – they were thanking the Creator. And he didn't understand how important the tobacco was in giving thanks.

Tobacco plays a great role in our Anishinaabe culture, but I think that maybe many non-Indians don't know what that role is. So I'd like to share something I wrote a few years ago with my friend Rick Gresczyk.

Tobacco – what we call asemaa – is a gift from the Creator. It is used by our people from the cradle to the grave. An Anishinaabe is encouraged to carry tobacco with him or her at all times.

Tobacco is often offered in the morning and evening to give thanks for the day and to ask for special help before anything is harvested, like sap, wild rice, berries, medicine, and game.

Tobacco is present at most Ojibwe ceremonies. It is offered to the thunderbeings during a storm, and protection and safety are prayed for. It is given to other people when asking for knowledge or favors. For example, tobacco is given to a namer before a baby is named.

Tobacco is also offered before a legend is told and before a trip is taken. People who have died are given tobacco to take with them on their journey.

There are several ways tobacco can be used. It can be smoked in a pipe. It can also be put in a fire, or put in the water, or at special places, like a special rock, waterfall, tree, or on a clean place on the ground.

Asemaa – tobacco – is a gift that is not to be abused. That's why it made me a little mad when that man from Chicago wrote what he did. He didn't even try to understand what our people were doing. He didn't ask any questions.

A lot of Anishinaabe understand the English language now, and that's good. We understand other people's traditions. We respect them. We hope that non-Indians can also respect our culture.

Mille Lacs Indian Museum Hosts Sweetgrass Basket Workshop

Learn the art of making a coil sweetgrass basket in this two-day workshop. The classes will be held at the Mille Lacs Indian Museum on November 13 from noon-4 p.m. and November 14 from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional $15 supply fee.

Registration is required by November 10. A minimum of five participants is required for the workshop. Lunch and refreshments will be provided both days. Please call 320/532-3632 for more information.

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Calendar of Events

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 **Onamia Indian Education Meeting** Rolf Olson Center Noon Contact: David Sam, 320/532-4901 **Election Day**	3	4 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	5 **Bret Michaels*** Grand Casino Mille Lacs 8 p.m. both nights	6 **Darius Rucker*** Grand Casino Hinckley 8 p.m.
7	8 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320/309-6925	9	10 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	11 **All government offices closed for Warrior's Day**	12	13 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 12-4 p.m.
14 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	15	16 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Dawn Aubid, 218/768-2345	17 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m., Contact: Lesley Sam, 320/676-1102 **District III Community Meeting** Lake Lena Community Center 5:30 p.m., Contact: Katie Draper, 320/384-6240	18 **All Elder Community Meeting** District III ALU 11 a.m., Contact: Denise Sargent, 320/532-7854 **Urban Area Community Meeting** All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	19	20
21	22	23 **Fall Feast** Grand Casino Mille Lacs 5:15 p.m. (See page 12)	24	25 **All government offices closed for Mii Gwech Day**	26	27
28	29	30	Dec. 1	2	3	4
5	6	7	8	9	*To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com**	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**

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"If You Could Do a Random Act of Kindness For Someone, What Would You Do?"

Keith Boswell

"I'd help Elders clean their yards."

Masha Sam

"I would teach them how to bead or how to dance."

Gladys Sam

"I'd buy breakfast for my co-worker."

Elaine Sam

"I would take care of someone's kids so they could have a day off to do whatever they wanted to do."

Sage Hardheart

"I'd give kids toys."

Paige Mitchell

"I would give someone cats."

Kirby Benjamin

"I would buy them lunch."

Flower White

"I would babysit for free. "

Justice White

"I would give someone a ride if I saw them walking."

Frances Davis

"If I were able to walk I would go out and help someone who needed help."

Darlene Savage

"I would feed them or give them a ride or give them clothes if they needed it."

Analise Aune

"I would take youth on a field trip somewhere nature-oriented or educational that had something to do with our Ojibwe culture."

Photos by Toya Stewart Downey

The Corporate Commission of the Mille Lacs Band of Ojibwe Indians Invites You

11th Annual Fall Feast for all Mille Lacs Band members

Tuesday, November 23, 2010

Doors open & seating starts at 5:15 p.m.

Invocation/welcome at 5:45 p.m.

Dinner at 6 p.m.

Closing remarks at 6:40 p.m.

Grand Casino Mille Lacs Events & Convention Center

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

December 2010 "The story as it's told." Volume 12 • Number 12

Election Results in Massive Legislative Turnover

After the polls closed and the results were tabulated on Election Day, it became clear that Minnesota's political climate has changed drastically.

Gubernatorial race

The gubernatorial race is still too close to call. Democrat Mark Dayton received 43.63% of the votes, while Republican Tom Emmer received 43.21% of the votes – a margin of less than one half of a percent. Independence Party candidate Tom Horner received about 12% of the votes.

Because the margin of victory is less than one half of a percent, the election will be automatically recounted. Minnesota Secretary of State Mark Ritchie anticipates that a winner will be certified by December 14. This decision could be challenged in the courts. If the gubernatorial race is not decided by the start of the legislative session in January, Republican Governor Tim Pawlenty will remain in office until a decision is made.

U.S. House of Representatives eighth district race

Congressman Jim Oberstar, who has represented the Mille Lacs and Hinckley areas in the U.S. House of Representative for the past 36 years, was defeated.

- Chip Cravaack (Republican) – 48.2%
- Jim Oberstar (DFL, incumbent) – 46.6%
- Tim Olson (Independence) – 4.3%

State legislative races

There was major turnover in the Minnesota Legislature, as the Republican Party gained control of both the Senate and the House of Representatives for the first time in 38 years. Republicans control the House by a 72-62 margin and the Senate by a 37-30 margin.

Republicans beat DFL incumbents in four of the seven legislative races in the Mille Lacs Reservation area.

Senate District 16 (represents Mille Lacs Band Districts I and IIa)

- Dave Brown (Republican) – 57.4%
- Lisa Fobbe (DFL, incumbent) – 42.5%

House of Representatives District 16A (represents Mille Lacs Band Districts I and IIa)

- Sondra Erickson (Republican) – 51.2%
- Gail Kulick Jackson (DFL, incumbent) – 48.7%

Senate District 3 (represents Mille Lacs Band District II)

- Tom Saxhaug (DFL, incumbent) – 57.8%
- Dan McGuire (Republican) – 42.1%

House of Representatives District 3B (represents Mille Lacs Band District II)

- Carolyn McElfatrick (Republican) – 51.2%
- Loren Solberg (DFL, incumbent) – 48.7%

Senate District 8 (represents Mille Lacs Band District III)

- Tony Lourey (DFL, incumbent) – 54.9%
- Michael Cummins (Republican) – 45.0%

House of Representatives District 8A (represents Mille Lacs Band District III)

- Bill Hilty (DFL, incumbent) – 58.9%
- Mark Ames (Republican) – 41.1%

House of Representatives District 8B (represents Mille Lacs Band District III)

- Roger Crawford (Republican) – 55.9%
- Tim Faust (DFL, incumbent) – 43.8%

For more election results, visit the Minnesota Secretary of State website at www.sos.state.mn.us.

2011 session

The threat of gaming expansion proposals during the 2011 legislative session is very high. Both Dayton and Emmer are open to considering gaming expansion if the Minnesota Legislature passes any gaming proposals.

In the coming months, the Band has much work to do to help our new political representatives learn about our tribe and our priorities. The 2011 legislative session begins January 3.

New Band Officials Sworn In

Photo courtesy of Grand Casinos

Angela Heikes was sworn in as Commissioner of Corporate Affairs on November 2. She has worked for the Corporate Commission since 1998, and before that she worked for Grand Casinos, Inc. Prior to her appointment as commissioner, Angela was responsible for overseeing Grand Casinos' financial operations and developing financial projections and feasibility studies as the Corporate Commission's vice president of gaming planning and analysis. Earlier this year,* Finance & Commerce *named Angela one of the top Minnesota women in finance.

Photo courtesy of Gilda Burr

Band member Brenda Moose was appointed and sworn in as the District II Associate Justice for Court of Appeals on November 2. She will serve a six-year term.

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Nay Ah Shing Schools Recognize Red Ribbon Week

Photo courtesy of Bugs Haskin

Great Lakes Indian Fish and Wildlife Commission Warden Jim Mattson showed off a snake at Nay Ah Shing's Red Ribbon Week petting zoo.

By Bugs Haskin, Nay Ah Shing School Activities Director

The Nay Ah Shing Schools were hopping with activities during Red Ribbon Week (October 25-30). Red Ribbon Week is a national campaign that focuses on giving youth the chance to choose positive activities free of alcohol, drugs and violence.

Each day of the week had a theme for students and staff, such as costume day, wear red day, and hat day. Participants received a small gift as they arrived at school each morning.

Some of our activities included grandparents, and we also did a petting zoo. When they brought out that big python, students and staff alike headed for the door. It was a very successful week.

The Tribal Police participated in "Are you smarter than a 5th grader?", jail-n-bail lock-in, inflatable carnival, and the fun run. Tribal DNR Officer Erik Hennekin participated in the haunted hayride, and Great Lakes Indian Fish and Wildlife Commission Warden Jim Mattson assisted at the petting zoo.

"It is not only during Red Ribbon Week that fun activities are held at the school. There is always something going on for every grade and Tribal Police is instrumental in the success of many of our events," said Mary Simon, Nay Ah Shing principal. "During the jail-n-bail lock-in, Officers Derrick Nauman and Brent Prueser took the time to meet every student. The students asked the officers many questions."

Premo Helps Lead Leech Lake Mural Project

Photo courtesy of Steve Premo

Mille Lacs Band member Steve Premo recently worked with fellow Ojibwe artist Carl Gawboy on a new mural at Leech Lake Tribal College. The mural is four feet by eight feet and took 24 hours to complete.

"We were told that the subject matter would be 'woman,'" Steve said. "I often use the woman image in my paintings as an allegorical statement that she embodies the maintenance of the Ojibwe culture, the preserving of our present generation, and the producing of the next – a statement of sustainable regeneration of the Ojibwe people and spirit."

The wolf in the mural signifies a perception of the dangers that are always present.

Central Lakes College Grads Plentiful in Mille Lacs Tribal Police

Photo courtesy of Central Lakes College

Members of the Mille Lacs Tribal Police Department who attended Central Lakes College are, from left, Caleb Silgjord, Charles Scott, Russ Jude, Michael Dieter, Derrick Naumann, Brett Haskin, Noah Melberg, Timothy Kintop, and Justin Churchill. Not pictured are Rob Wall, Craig Nguyen, and Joshua Kimball.

By Steve Waller, Central Lakes College

The Mille Lacs Tribal Police Department includes an impressive list of a dozen officers with Central Lakes College (CLC) credentials.

"The Mille Lacs Tribal Police Department has a good relationship with Central Lakes College," said Police Chief Dwight Reed, noting that more than half of the department's 20 officers have CLC roots.

"The department looks for officers who are community-based, approachable, and able to work with a diverse population," he said. "We also look favorably upon any potential hire who has volunteered within their communities while either in high school or college."

The CLC grads serving the Tribal Police Department include:

- Deputy Chief Justin Churchill, Pine City (1996 graduate);
- Investigators Russ Jude of Annandale and Michael Dieter of Brainerd (2001 and 2006); and
- Officers Robert Wall, Onamia (1998); Joshua Kimball, Sebeka (2002); Timothy Kintop, Long Prairie (2004); Derrick Naumann, Foreston (2006); Charles "Chuck" Scott, Brainerd (2006); Brett Haskin, Denver, Iowa (2007); Caleb Silgjord, Motley (2007); Craig Nguyen, Little Falls (2007); and Noah Melberg, Pequot Lakes (2009).

Pilot to peace officer

Chuck Scott's first career was as a pilot and flight instructor. Economic realities steered Scott toward law enforcement.

"I had applied at three places," he said of his job search after graduating with an associate's degree in criminal justice. "I was out of school in June, had my background checked in July, and in October was hired [for the Mille Lacs job]."

He primarily works a night-shift patrol assignment on the reservation and is on duty between 8 p.m. and 6 a.m.

With a partner also doing the night shift, Chuck is never far from assistance when needed, and he values the rapport with neighboring jurisdictions as mutual aid ensures ample law enforcement.

"You get to know people who live here, those who tend to be helpful and understand the value of a peaceful community, as well as those who end up on the other side of the law," he said.

Patrolling one July afternoon, Chuck eyed the driver of a vehicle at an intersection and recognized him as someone without a license. That driver, who had also failed to show at a previous court date, got a ride to the jail in Milaca.

His shift has also included agency assistance, such as monitoring the transfer of a child by family services personnel to safer surroundings, and a search for weapons reportedly stashed by a felon in a home.

Minor Trust Funds Update

To keep Band members informed about the money held in trust for minors, the *Ojibwe Inaajimowin* features a semi-annual report of the trust balances held on behalf of each Band member minor.

Based on the enrollment date of the minor, a parent or guardian can determine the amount held in trust.

Distribution date	Amount held in trust as of 10/15/10 (principal & interest)	Original distribution (principal only)
12/31/92	$1,215.30	$ 500
12/31/93	$1,163.40	$ 500
12/31/94	$1,239.20	$ 500
12/31/95	$ 1,021.40	$ 500
12/31/96	$ 979.40	$ 500
12/31/97	$ 897.80	$ 500
12/31/98	$1,288.00	$ 750
9/3/99	$1,228.10	$ 750
12/31/99	$1,199.90	$ 750
8/7/00	$ 1,141.00	$ 750
12/6/00	$ 1,110.30	$ 750
3/23/01	$ 877.20	$ 600
8/1/01	$ 1,068.40	$ 750
12/31/01	$2,480.20	$1,727
4/4/02	$1,695.20	$1,207
8/8/02	$2,319.30	$1,668
12/6/02	$2,590.10	$1,839
4/4/03	$1,635.50	$1,201
8/7/03	$2,406.80	$1,747
12/4/03	$2,897.60	$2,145
4/8/04	$1,832.80	$1,370
8/5/04	$2,754.80	$2,071
12/2/04	$2,830.50	$2,200
4/7/05	$1,813.00	$1,403
8/4/05	$2,516.10	$1,995
12/7/05	$4,176.80	$3,295
4/7/06	$2,915.00	$2,320
8/3/06	$3,949.00	$3,170
12/7/06	$3,860.40	$3,190
4/5/07	$3,329.40	$2,800
8/2/07	$3,278.80	$2,800
12/4/07	$3,675.30	$3,212
4/3/08	$3,135.90	$2,800
8/7/08	$3,084.10	$2,800
12/4/08	$2,995.40	$2,800
4/2/09	$2,975.90	$2,800
8/6/09	$2,935.90	$2,800
12/3/09	$2,880.70	$2,800
4/1/10	$2,838.00	$2,800
8/5/10	$2,803.50	$2,800

The amount held in trust is the amount of the original distribution plus the interest accumulated on that amount through October 15, 2010.

To figure out the amount that an enrolled Band member child currently has in trust, add all of the figures in the "Amount held in trust" column dating back to the first distribution date after that child was enrolled. For example, a child enrolled in November 1992 or earlier currently has $91,035.40 held in trust for him or her. In another example, if a minor was enrolled in June 2003, the minor would have a total of $65,885.70 held in trust.

The Internal Revenue Service requires that federal income taxes be withheld when the annual amount of distribution exceeds $9,350. Minors who have funds in the accounts from August 2009 forward now exceed this amount, so income taxes will be withheld upon trust distribution, as required by federal regulation. The trust funds have been invested in U.S. government-backed securities and are held at the investment company of Morgan Stanley Smith Barney. The trust funds are subject to audit every year by an independent certified public accounting firm.

On October 1, 2010, a new BIA-approved revenue allocation plan went into effect. Based on the new plan, trust funds may be withdrawn over five years when a trust fund recipient reaches age 18, provided that person has a high school diploma or GED. If no high school diploma or GED is received by the trust fund recipient, the trust funds will be paid out over 10 years beginning at age 20.

Forms to request trust fund distribution can be obtained from Darcie Potter in the Tribal Enrollment Office.

If you have any questions about the minor trust accounts, please contact Commissioner of Finance Angella Roby at 320/532-7475 or 800/709-6445, ext. 7475.

Podiatrist Works to Prevent Diabetic Complications

For the past three years, Dr. Daniel Ryan has been working with diabetic Band members to make sure they take proper care of their feet. About 600 patients are currently on the Mille Lacs Band's diabetes registry.

Foot complications are commonly associated with diabetes. The complications most often happen when there is nerve damage, which results in a loss of feeling in the foot. Poor circulation associated with diabetes can also cause problems.

Dr. Ryan performs yearly foot exams for Band members who have diabetes. He treats ulcers, bunions, calluses and more. Diabetes is the leading cause of non-traumatic lower-limb amputations in America.

Dr. Ryan also educates Band members on how to prevent foot problems and amputation. The best way is to inspect your feet often. If you find a wound or sore, have a doctor look at it.

"Problems as small as an ingrown toenail or a callus can get infected if they are not treated," Dr. Ryan said. "Don't let the problems sit and fester for a while. See your family doctor or me as soon as you can."

He also recommends wearing proper footwear, such as a good athletic shoe with a soft insole and a wide fit. He also suggests that women refrain from wearing heels.

Dr. Ryan's presence at the Band's clinics is especially important because Minnesota's American Indian population, which represents 1.2% of the state's total population, is almost four times more likely than the general population to get diabetes.

Reservations in Minnesota have higher-than-average rates of diabetes-related eye disease, kidney dialysis, lower extremity amputations, and heart attacks. American Indians are five times more likely to die from diabetes than non-Indian Minnesotans.

Dr. Ryan has office hours at the Band's clinics six days a month. He is at Ne-Ia-Shing every other Thursday (December 2, 16, and 30), East Lake one Wednesday a month (December 8), and Aazhoomog clinic one Wednesday a month (December 22). Appointments should be scheduled with each clinic.

Receive the *Inaajimowin* Online

Be the first to learn what's new with the Mille Lacs Band by signing up to receive the *Ojibwe Inaajimowin* and letters from the tribal government via e-mail. Copies of these materials will arrive in your inbox before they arrive in your mailbox.

To sign up for the e-mail list, visit www.millelacsband.com. At the bottom of the home page, click on "Sign up to receive Band news via e-mail."

If you have any questions, contact Kelly Sam at 651/292-8062.

Bret Michaels Inspires Nay Ah Shing Student

Photo courtesy of Grand Casino Mille Lacs

Nay Ah Shing student Paige Mitchell and Bret Michaels.

By Bugs Haskin and Toya Stewart Downey

There aren't too many people who would pass up a chance to see one of their favorite musical artists. But that's exactly what Jericho Fisher did after her mom, Bugs Haskin, told her about a student who wanted to see her idol Bret Michaels perform at Grand Casino Mille Lacs.

Paige Mitchell, a student at Nay Ah Shing, is a huge fan of Bret Michaels and has amassed a big collection of his posters, DVDs, and magazine articles from the days he fronted the rock group Poison.

When Paige heard he was performing at Grand Casino Mille Lacs, she asked her parents, Alan Mitchell and Chris Sam, if they could get tickets. They added their names to a drawing to win tickets.

Unfortunately, they didn't win, and Paige's hopes were dashed when she heard the news.

That's when Bugs intervened. She heard Paige couldn't go to the concert, so she called her daughter to discuss the student's disappointment. Jericho immediately volunteered to give up one ticket, with the idea that Paige would accompany Bugs to the concert.

Bugs rushed to Alan to tell him the good news – she had secured one ticket for his daughter.

She then went to Paige's gym class to share the news. That's when the little girl walked up to Bugs with teary eyes and told her she didn't get concert tickets.

"I asked why, and Paige just kept saying with tears in her eyes that she wasn't going," said Bugs. "That's when I said, 'Yes you are. You're going with me, and I will pick you up at 7:30.'"

Paige's joy was instant, her eyes widened with excitement, and she began dancing around saying she was going to the show.

Then she told Bugs she was both happy and sad because her mom wanted to go too so they could do a "girls' night out."

Once again, Bugs called Jericho and asked if she wanted to give up her other ticket.

"Jericho again said yes, so I took the two tickets to Alan and asked him to give the tickets to Paige and Chris so they could have their night out."

But it gets better. Bugs went one step further and secured backstage access for Paige so she could meet the musician.

"When Chris and Paige arrived at the concert, Paige was just bubbling with excitement," Bugs said. "She kept saying over and over how she couldn't believe she was at the concert, Bugs continued"

"That's when I turned to her and said, 'I have one more surprise for you,' and I showed Paige the letter for her to meet Bret Michaels after the concert," Bugs continued.

Paige screamed and hopped up and down in her seat. After the show, Paige got to meet Bret Michaels and have her photo taken with him.

The night of surprises didn't end there. Bugs spoke to the guitar player and shared Paige's story with him. That's when he decided to give up a few guitar picks for Paige and Bugs' grandson, Marquis Fisher, who accompanied Bugs to the concert.

When Paige returned to school on Monday, something incredible happened. For the first time ever, she spoke up during circle – a time when students and staff share thoughts and stories.

"She shared with fellow students and staff at Nay Ah Shing the wonderful evening she had," said Bugs.

Weeks later she is still walking on air. During the recent Fall Family Fun Festival, Paige sang karaoke. Her choice? "Every Rose Has Its Thorn," by Bret Michaels.

"I know what it is like to go without and to have dreams shattered, and it just broke my heart to see Paige crying and so devastated," Bugs said. "She talked for months about going to that concert."

"I was willing to give up my ticket for her," said Bugs. "But my daughter said my grandson was looking forward to going with me because the concert was part of his birthday celebration."

"Paige said I was her fairy godmother, but it wasn't just me, it was a group effort to make this little girl's dream come true and I am so grateful for the others that helped make this happen for Paige," said Bugs.

Paige's Dad Says, "Thank You"

I would like to say mii gwech to Bugs Haskin and to everyone else who helped get Paige to the Bret Michaels concert on November 4 and the backstage pass to meet the singer. This has made a profound impact on her in a positive way. For the challenges this girl has been through the past couple years, it's bringing back her trust in people. You've made a nice gesture, and it's something special that I can't express my feelings of gratitude and gratefulness. What makes it so special is that she is autistic. Your family is very proud of you, Paige.

From Alan Mitchell and family.

Al's Auto Offers Discounts to Band Members

Al's Auto in Hinckley is offering several deals to help Band members buy new cars or repair the cars they already own.

Al's Auto offers low-cost financing options for Band members interested in purchasing new or used cars.

Band members will receive a 10% discount on all repairs at Al's Auto, and Elders will receive a 15% discount on all repairs. Payment plans are available for Band members who may not be able to afford the cost of car repairs.

If your car needs repairs, but you are unable to get the car to the shop, Al's Auto will tow the car from any location and will charge only the cost of the fuel used to tow the vehicle.

Al's Auto will also provide Band members with free diagnostic checkups for their vehicles.

Al's Auto is part-owned by Band member Troy Hill. Troy has been repairing cars and working in auto shops since he was young. He is skilled in automotive maintenance and repair, basic automotive technology, and automotive collision repair.

Troy has also worked for the Band as a youth prevention educator and a cultural advisor apprentice, and in the Band's Department of Natural Resources. Troy has a master's degree in theology.

For more information or to schedule an appointment, contact Troy at 320/384-0224. Al's Auto is located at 403 Old Highway 61 South in Hinckley.

Congrats to Marathon Convenience Stores

By Jackie McRae

The East Lake Convenience Store, the Mille Lacs Band Marathon, and the Crossroads Convenience Store were all rated 100% for customer service, cleanliness, and brand maintenance during a Mystery Shop evaluation in November.

Mystery Shop is an independent service that evaluates a variety of customer experiences to determine which areas are performing well and which areas need improvement.

A New Face in District III: Katie Draper

Toya Stewart Downey

Katie Draper

By Toya Stewart Downey

Band members who come into the District III Community Center might not know Katie Draper yet, but they certainly know about her generosity.

Each week she holds a drawing to give away a dozen fresh eggs produced by the 10 chickens on her farm.

"We get about 50 eggs a week, so I decided to give a dozen away each week at the community center, and I share the rest with family members," Katie said.

Katie, a Band member, is the newest addition to the District III office. She is the administrative assistant for District Representative Diane Gibbs. She began that job in October.

"I am happy to be here where my roots are and where my family is from," said Katie, who grew up and spent most of her life in Cambridge before moving to Brook Park, which is about 40 miles from the community center.

Before working for the Band, Katie, 35, worked as a financial services officer for the Affinity Plus Credit Union for seven years.

She also had a short stint working in the Band's Emergency Services Department and worked at Fairview Homecare and Hospice for three years.

Her previous jobs helped prepare her for the new one, she said. "I've always been a very empathic person and able to relate to people, so this job is a good fit for me. I'm excited to get to know people in the community."

In her role, Katie interacts with Band members on a regular basis. She helps plans community meetings and activities as well as Elder meetings.

"I do what I can to make Diane's job easier, and it allows me to fulfill my passion to help others," Katie said.

Katie's other passions include farming, gardening, hunting and fishing. She grew up on a farm and said that helped shape her work ethic and made her reliable and stronger.

It also helped her develop a greater appreciation for nature. "I love all the seasons and what they're for," said Katie, who has been hunting since she was 13 years old.

One of the best parts about being in District III is self-discovery, as she's learning more about the Ojibwe culture and traditions. "I participated in ceremonial things as a child, and I've always practiced a love of nature and our connection to the land," said Katie.

That's why it was important for Katie to return to her roots.

Katie says she's happier than she's ever been. She "feels alive and great" where she is in her life.

Some of that is due Gilly, the love of her life and boyfriend. The other part is that she's working with her community. "I had a calling to come back, and hopefully I'm going to be a part of making a difference," she said.

District I New Year's Eve Sobriety Powwow

Everyone is invited to bring in the New Year at the District I New Year's Eve Sobriety Powwow on Friday, December 31. The event will start at 5:30 p.m. at the District I Community Center.

Host drums will be the Little Otter Singers and War Thunder, and Larry (Amik) Smallwood will be the emcee. Food and refreshments will be served.

A special thank you to Family Services and the Public Health Department for their donations, and to the Tribal Police Department for providing security.

Education and Child Support Programs Are Focus of Community Meeting

By Toya Stewart Downey

Band members will once again have access to funds in the Educational Enrichment Program, but with some significant changes, Education Commissioner Dennis Olson told those who attended the District I community meeting in November.

The biggest change is that funds will be available Primarily for adult Band members.

"The program was designed for adults, and through the years, the mission changed and youth activities were partially supported, but the problem was that the funding ran out quickly," Dennis explained.

"With the new change, we want to make sure adults get opportunities to apply for and receive funds for additional education, conferences, training, workshops, classes in their field, continuing education credits, or other enrichment activities," he said.

Dennis told the audience that the Band is pleased to have resources to help its members, and that it would like to be able to completely meet the demand for all funding requests, but it's not possible at this time. The Program will continuously be evaluated throughout the year and if neccesary, additional funding sources could be identified.

The current budget can cover up to 200 Band members at $500 each per year on a first-come, first-served basis. It cannot be used for college tuition or books, because that is the role of the Band's scholarship program.

The good news for youth is that there are other resources, such as the Johnson O'Malley Fund, that the youth and their families can tap into to help pay for activities such as sports, camps, class photos and other activities. Those funds are available in schools throughout the state through the district's Indian education program.

For more information about additional funding resources, contact Dennis Olson at 320/532-7550 or dennis.olson@millelacsband.com.

Child Support Enforcement Program underway

Band members also heard about plans for a new child support enforcement program that could be created and overseen by the Band if funds are secured and the program receives federal approval. If all goes as expected, the program could be operating by the spring.

The Band is in the planning stages of this program, which includes:

- Hiring a director and administrative assistant;
- Researching child support to make sure it would fit with the Band's needs and receive Band leadership support;
- Updating Band statutes and developing program policies and procedures to comply with the federal regulations that govern child support;
- Developing a work plan and memorandum of understanding with the state of Minnesota;
- Compiling an estimate on the number of cases the Band can expect to manage;
- Developing a program budget; and
- Putting all of these components together into a comprehensive program plan and submitting that plan to the federal government for funding.

The benefits of a Band program include:

- Band members would have the convenience of coming to the Government Center to apply for child support.
- Band members would be better served by the tribal government, as the Band understands the community and its members' issues.
- The Band's enforcement methods differ from those of the state. The Band will not put people in jail or take away drivers' licenses. However, the Band is able to garnish per capita payments.
- In-kind payments would be acceptable, if both parties agree to the terms.
- The Band would be able to better locate non-custodial parents.

Meet Grand Auto's New Service Team

Photo courtesy of Grand Casino Mille Lacs

Grand Auto RV & Care staff

By Sarah Barten, Grand Casino public relations specialist

Grand Auto RV & Care is under new management and is dedicated to providing quality service for all of your vehicle and RV care needs. From full service oil changes to new tires, the knowledgeable technicians – including an ASE-certified technician – are at the forefront of the automotive repair industry.

Bill Wrich, service manager, ASE-certified

Bill Wrich has been a service manager for more than 30 years. He is an ASE master technician and is ICA- and Master-certified for parts and service with Ford, General Motors, and Chrysler. Bill graduated from the Dunwoody Institute's automotive program and has also served in the military. His favorite part of the job is passing along his experience in the industry to his co-workers.

Bill's winter car-care tip: Check your tires for correct air pressure because they lose air when the weather gets cold. Also, don't wait for the first snow fall to change your wiper blades. And be sure to get a good, quality oil change.

Martin Abress, master mechanic

Martin Abress has always been intrigued by automobiles, which lead him to his life-long career in the auto repair industry. He graduated from Pine Technical College in 1981. Martin enjoys helping motorists and seeing the smile on their faces when they know the problem is fixed.

Martin's winter car-care tip: Be sure to have a full service check-up on your vehicle and have your starting and charging systems inspected.

Cliff Thomas, mechanic technician, Mille Lacs Band member

Cliff got his start in the mechanical field at a young age. He has been working on cars with his dad ever since he could pick up a wrench. He attended Pine Technical College and graduated from a two-year automotive technology program. Cliff enjoys what he does – and making the customer happy is just another perk.

Cliff's winter car-care tip: Check your winter fluids (such as antifreeze) and make sure your tires aren't too worn, and that you have a good battery in your vehicle.

Grand Auto & RV Care also employs four experienced lubrication technicians who check oil levels, tires, air filters, windshield wiper fluid, brake fluid, and engine coolant.

Grand Auto & RV Care is located next to Grand Casino Hinckley and a shuttle service is available to and from the casino. Grand Auto also offers valet service to Guests. To schedule an appointment, call 320/384-4822.

Registration And Orientation Day at Mille Lacs Tribal College

Central Lake College will host EZ Registration and Orientation Day at the Mille Lacs Tribal College on Tuesday, December 7, and Tuesday, January 4. The event will be held each day from 11 a.m.-5 p.m. with a feast at noon.

- Apply for college ($20 application fee)
- Complete assessment
- Visit with financial aid staff
- Meet with a counselor
- Register for classes

For more information, please contact Camille Smith, Mille Lacs Band Scholarship and Career Assistant, at 866/916-5282 or 320/495-3702.

Band Members Find Full-Time Jobs Through Day Labor Pool Program Experience

By Toya Stewart Downey

When Heather Virnig first began working in tribal courts in January, her position as a data entry specialist was funded through a grant.

By the spring, the grant dollars were drying up, but the need for more manpower in tribal courts was greater than ever.

Enter the Day Labor Pool Program – a temporary employment program that was designed to pay Band members an hourly rate for work performed on a daily basis.

Besides filling a need for supplying people to help various departments, the clients in the program also had opportunities to gain new skills.

"I learned more about the court system working through the Day Labor Pool," said Heather, 22. "I went from data entry to office assistant, so I was able to interact with Band members, legal aid, the solicitor general's office, as well as working in the court room."

But the best part was that Heather was offered full-time employment while she was working as a client of the Day Labor Program.

Heather wasn't the only Band member to secure full-time employment after working in the Day Labor Pool.

Danielle Smith, the manager of the Day Labor Pool Program estimates that about 10 clients were offered jobs after working in the program. The program ended last month due to funding limitations. The Band is hopeful that more funding will be secured to resume the program in the future.

"This program is very unique and I had the greatest time getting to know each of the Band members in the program," Danielle said.

"They're very hard working and just needed the opportunity to prove that they are hard workers if given the chance," she added. "I am so proud of our Mille Lacs Band members who made a huge difference in the communities they worked in."

Those in the program were also happy to be able to serve the community and meet its needs.

Billy Garbow, 32, worked as a Day Labor Pool client after he moved back to District III and while he was looking for a permanent job.

"I had a good network system and a lot of job leads, but I took the Day Labor job right away because I was ready to work," he said. "I did landscaping and pretty much anything they needed for a month while I was still applying for jobs."

"Then I heard about a maintenance technician job in housing, so I applied," he said. "I had the qualifications and I got hired on September 18."

Now Billy spends his days working wherever he's needed, but mostly in District III. He does everything from changing light bulbs to working on plumbing projects, fixing furnaces, painting, electrical work, and other home renovations.

"Working in the Day Labor Program was a substantial contribution to getting this job," he said.

Billy, who has held a variety of jobs, including working for a few years at St. Croix Casino, said his goal is to go back to school and get a technical degree.

"I want to open a business, though I'm not sure what yet, but I think the skills I'm learning now will help me later."

Heather shares Billy's enthusiasm and ideas about the future. She has an Associate of Arts degree from Minneapolis Business College, but is planning to further her education so she can become a paralegal. She's hoping to start classes in January.

Another Band member, Stacy Skinaway, 38, also sings praises for the program and how it helped her land a full-time job.

Stacy began working in the City of Wadena after the tornado hit. She was on the clean-up crew. From there, she moved to the District I Community Center and began helping prepare meals for the Labor Pool workers.

She did that through the summer and at the end of October she was hired at the lower school to work in the kitchen.

"I like it a lot," Stacy said. "This is the first time I've worked in a kitchen. I've done housekeeping and worked at the casino, done retail and worked at McDonald's."

Stacy, who moved to District I earlier this year, said the Labor Pool Program was instrumental in helping her move into a full-time job.

"When Danielle told me that I got the job at the school, I jumped up and down because I was so excited."

"I hope this program continues so they can continue helping other Band members," she said. "It's a really great program."

Understanding Health Coverage

By Toya Stewart Downey

Understanding the nuances of health insurance programs and their policies isn't always easy for the average consumer.

Yet, it's important that everyone, including Band members, know how their plan works and what it covers.

To help, a group of the Band's healthcare experts gathered recently to discuss the differences between Contract Health Services, funded by Indian Health Services, and the Band's Circle of Health program.

Funding for the Contract Health Service program comes from Indian Health Services and the Band is responsible for determining how it will be used.

The Band has opted to use the funding to assist Band members who are in-between insurance coverage.

Band members who have health insurance go through their own providers because they don't need services like those without insurance, said Michelle Beaulieu, administrative assistant to Health and Human Services Commissioner Don Eubanks.

"The biggest thing Band members need to know is that they need to get referrals from the Ne-la-Shing Clinic or one of the outer district clinics to qualify for Contract Health Services," said Ginger Weyaus, executive director of Health and Human Services.

"We refer out to other providers for services that the clinics don't provide," she said. "But what happens too often is people go to the other providers first and then come to us to pay the bills."

"That's not how this program is set up," she said. "Come through us first if it's not a life-threatening emergency."

Another caveat is that for each visit to an outside provider, Band members must get referrals, even if it's for the same health condition.

For example, if a person breaks his or her hand, the Band's health care staff will refer the patient to a bone specialist. There's certain to be follow-up visits with the specialist, so the Band member is responsible for notifying Contract Health Services each time they need to see the specialist.

It's a message that Health and Human Services has been spreading for the past several months, because ultimately, Band members are responsible for their medical bills and it can cost them much more money to pay for services out-of-pocket if the referral isn't done.

Frances Davis, who oversees the Contract Health Services program, said there were approximately 250 claims last year.

"We spent $400,000 on bills that could have been paid through Indian Health Service funds if people had gotten the referrals," she said. "Instead, the Band had to supplement the costs."

"In some instances we can help, but when in doubt contact us or Circle of Health to check," said Frances. "It's up to the doctors here to decide if referrals are needed."

In emergency situations or when the Band clinics are closed, Band members must notify Contract Health Services within 72 hours of service. Elders have 30 days to fulfill that requirement.

The funding is set up to use at the Band's clinics and pharmacy and on a referral basis. It is not designed to pay all medical costs of Band members.

Contract Health Services is the last resort when all other resources are exhausted.

That's where Circle of Health comes in. One of its services is helping Band members find other health insurance options.

"We're always willing to help people," said Michele Palomaki, director of the program. "We visit the urban area and other districts each month to answer questions, and we always take phone calls."

"We can refer people to insurance providers and we'll help people determine what they're eligible for," said Michele. "We know that insurance is expensive, but we also know that it's critical that Band members have it."

Circle of Health pays deductibles, copays, and insurance premiums for enrolled Band members. However, Band members must have health insurance from an employer or government agency to utilize the program.

For those who need assistance or have questions, the program's benefit coordinator will assist them in understanding and applying for insurance policies. "We want Band members to be involved and informed about their health insurance options said Michele, and we depend on them to keep us informed about insurance changes, updates, and their coverage."

To be eligible for Contract Health Services, clients must:

- Be enrolled Mille Lacs Band members
- Be registered patients of the Ne-la-Shing Clinic or one of the outer district clinics and referred from one of the tribal clinics
- Reside within the service area, which consists of the following seven counties: Mille Lacs, Aitkin, Pine, Kanabec, Crow Wing, Morrison and Benton

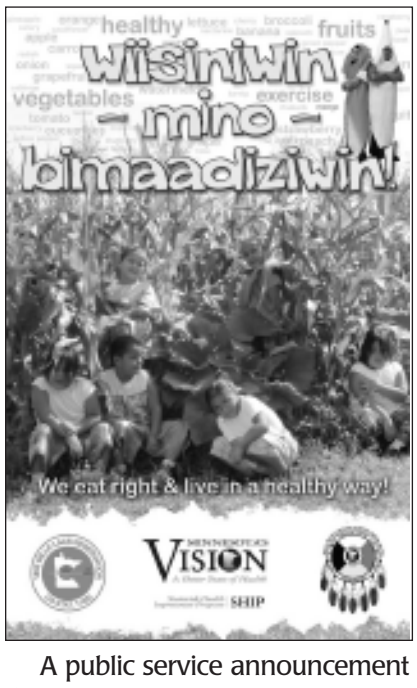
What will Contract Health Services pay for?

- Specialty services, but only if a referral is done and was ordered by a Band medical provider
- Prescriptions written by a Band medical provider or when referred by the Band to a specialist

What is not paid for by Contract Health Services?

- Services related to automobile accidents when the driver/vehicle is uninsured or when drugs or alcohol are involved
- Services provided when the Band clinics are open and the Band providers could have overseen treatment

Band Youth Encourage Healthy Eating



A public service announcement featuring several Nay Ah Shing students hit Minnesota's airwaves and television screens last month. The ad, which is titled "Wiisiniwin-Mino-Bimaadiziwin" (meaning "food-good-life" in Ojibwe), encourages students and their parents to make healthy food choices.

The video features lower school students picking food from the Nay Ah Shing garden, and upper school students showing which fruits and vegetables are healthy. The upper school students also sing the ad's jingle.

The ad was filmed during summer school. Students featured in the ad were chosen based on recommendations from Nay Ah Shing Principal Mary Simon and Nutrition Coordinator Deb Foye.

Darius Barnes, Joseph Benjamin, Jakob Cash, Braelyn Harrington, Paige Mitchell, Aaron Nayquonabe, Mackenzie Osburn, Payton Pewaush, Kelly Sam, Ardel Sam-Ladd, Alex Sam-Ladd, and Ashton Smith were featured in the video.

The ad was envisioned and funded by the Band's State Health Improvement Project (SHIP), a program that helps tribes improve health within their communities. A committee made up of Nay Ah Shing and health and human services staff helps oversee the SHIP program.

An outside marketing company created a script for the ad and produced the video. SHIP Coordinator Shelly Foster and the students involved in the video worked together to add Ojibwe words to the jingle.

"The goal is to encourage the community to start thinking about what they eat," said Shelly. "Healthy eating habits help people make their bodies work better and prevent disease."

The ad will be featured on local radio and TV stations and could potentially be shown during previews at Grand Makwa Cinema. The ad is also posted on the Mille Lacs Band's website (www.millelacsband.com). A poster featuring students from the video has been placed at schools, clinics, and other locations around the community.

If you have any feedback about this project or ideas for future projects, contact Shelly at 320/532-4163, ext. 2538, or shelly.foster@millelacsband.com.

New Movie Experience at Grand Makwa

By Sarah Barten, Grand Casino public relations specialist

Grand Makwa Cinema, located next to Grand Casino Mille Lacs, will soon offer 3D movies. The debut 3D movie, Yogi Bear 3D, will open December 17.

Grand Makwa concession stands are now serving sugar-free snacks, coffee and tea.

Other deals include:

- Senior Days (Tuesdays): movie and combo concession for only $7.
- Kid's Special (all movie times): movie and snack tray for only $10.
- Manager Special (Tuesdays and Wednesdays): Get free popcorn with ticket and soda purchase.

The movie theater can also host professional meetings or events. Contact Ed Waugh at 320/532-3923.

Public Health Updates

By Public Health Department staff

Gego Zagaswaaken event

A special screening of *Gego Zagaswaaken* (meaning "don't smoke") will be hosted by the urban office. The movie shares the struggles and triumphs of Mille Lacs Band members and employees who have quit or are quitting smoking.

The movie will be screened at the Minnesota Chippewa Tribe building on 1308 E. Franklin Ave. in Minneapolis on Tuesday, December 14, from 5-7 p.m. The event will also feature door prizes and a meal.

For more information, contact:

- Roberta Ladd, Mille Lacs Band health educator, at 800/709-6445, ext. 7812
- Gloria Songetay, outreach coordinator for the Band's Secondhand Smoke Project, at 800/709-6445, ext. 7760
- Barb Benjamin-Robertson, urban program administer, at 612/872-1424

December WIC day changed

The second Women, Infants and Children (WIC) District III program day for December has been changed from Wednesday, December 22, to Wednesday, December 29. Please call Joanne Boyd, WIC clerk, at 320/532-7821 with any questions.

December Diabetes Class

By Diabetes Program staff

The next diabetes education group class will be held at the District I Community Center on Thursday, December 9, from 8:30 a.m. to 4 p.m.

The class will cover the following topics: understanding type II diabetes, goal-making for healthy changes, medications for diabetes, medical care, risk reduction and healthy choices, nutrition and food labels, foot care, resources, and a follow-up plan.

Lunch will be provided, and participants have the chance to win door prizes and play blood sugar bingo.

To register, contact Arielle Beaulieu at 320/532-7852. Registrations are due on Tuesday, December 7.

Get Your Flu Shot

Flu shots are available at all Mille Lacs Band clinics. To get your flu shot, call your nearest clinic to schedule a nurse appointment:

- Ne-Ia-Shing Clinic: 320/532-4163
- Aazhoomog Clinic: 320/384-0149
- District II Clinic: 218/768-3311

Free Hearing Evaluations

To schedule an appointment for **Friday, December 10**, at Ne-Ia-Shing Clinic, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Prepare for Winter Weather

By Monte Fronk, Emergency Management Coordinator

With winter here, it's important to be prepared for snowstorms, icy roads, and other types of severe weather. There are three simple steps all Band members should take to get ready.

1) Have an emergency supply kit in your home and car.

The kit should include:

- Three-day supply of food and water
- Warm clothing and blankets
- Battery-powered radio
- Flashlights
- Batteries for the radio and flashlights
- Snow shovels
- Sand to improve traction
- Rock salt to melt ice on walkways (needed for the home emergency kit only)

2) Get familiar with the terms that identify a winter storm hazard.

- Freezing rain creates a coating of ice on roads and walkways.
- Sleet is rain that turns into ice pellets before reaching the ground; it can cause roads to freeze and become slippery.
- A "winter weather advisory" means cold, ice and snow are expected.
- A "winter storm watch" means severe weather such as heavy snow or ice is possible in the next day or two.
- A "winter storm warning" means severe winter conditions have begun or will begin very soon.

3) Develop and rehearse your family communications plan.

Your family members may not be together when a storm hits or you have car trouble. Make a plan in advance about how you will contact each other, how you will get back together, and what to do in various situations.

Disasters can strike anytime, which is why it's important to be prepared. I urge all Band members to visit www.Ready.gov for more helpful tips.

Tribal Noteboard

Happy December birthday to:

Kellen James, 1, on December 17 with love from mom, dad, Grandma Tracy, Rachel, Taya, Noah, Jen, Deek, and Wesley • **Judy Virnig**, on December 23 withlove from Heather, Daniel Jr., and Thomas MacLean • **Darnell & Delilah**, 5, on December 1 from Great Grandma Bea, the Mitchell's, TJ, Kali Anne, and Anna and family • **Jaime Lynn**, 26, on December 3 from Tiffany, Kali Anne, and Anna and family • **Wild Rice**, on December 5 from Anna and family • **Clayton Daniel**, 26, on December 10 with love from TJ, Kali Anne, mom, Christina, Stacy, Tehlisse, Cilla, Waylon, and Lisa • **Delaney**, 3, on December 11 from TJ, Kali, and Anna and family • **Judy**, on December 23 from T. John Skinwawy, Kali, and Anna and family • **Royce "Slice" Sam**, 31, on December 5 from TJ and Kali • **Shaina Larae**, 9, on December 15 from TJ and Kali Anne • **Grace Kathleen Smith**, 14, on December 26 from TJ and Kali • **Ruthy**, on December 18 from Age and Pete • **June Day**, on December 5 with love from Michael James Day, Dana, and Tanya • **Tanya**, on December 7 with love from mom, dad, Junior, Gram, Deondre, Jim, Jay, Rainy, Matty, Val, Niss, Bebe Wayz, Aniyah Dayna-Raye, Sarah, Prince, Trin, Chaddy, Gabby, Lance, Elle Neveah, Jaxin, Tommy Lee, Dalene, Tina, and Jose • **Rainy Rose**, on December 14 with love from auntie, David, Tanya, Junior, Sarah, Prince, Trin, Grama, Deondre, Jim, mom, dad, Matty, Valerie, Niss, Way Wayz, Aniyah, Tina, Jose, Chaddy, Lance, Gabby, Elle Neveah, Jaxin, Tommy Lee, and Dalene • **James Jr**., on December 21 with love from sister, David, Tanya, Sarah, Prince, Trin, mom, Deondre, Jay, Matt, Matty, Valerie, Niss, Wayz, Aniyah, Elle Neveah, Chaddy, Gabby, Lance, Dalene, Jaxin, and Tommy Lee • **Alex Bonilla Jr.**, 19, on December 3 from Jonathan, Priscilla, mom, Joseph and David • **Louis St. John**, on December 5 with love from Mom and Chance • **Jordan Boyd**, 18, on December 1 from Grandma Bea and your family • **Macho Man Mitchell**, on December 10 from Grandma Bea and your family • **Nana**, from Grandma Bea and your family • **Danni Jo**, 21, on December 7 with love from mom, dad, Chris and Elliott • **Delsie**, on December 6 with love from your sister Joanne • **Corrina Cash**, with love from Nancy, Klya, Big Al, and Dakota • **Kyle Cash**, with love from Nancy, Kyla, Dakota and Bundy • **Chelsea Farah**, 19, with love from mom, Kaija, Jorgey, Falon, Dana, Jamie, Curtis, Elijah, Arianna, Riley and Adrien • **Elijah Jackson**, 6, on December 1 with love from mom, Arianna, Falon, Dana, Mick, Lisa, Jewel, Curtis, Riley, Adrien, and your family in East Lake • **Jordan Anderson**, 16, on December 8 with love from mom, Destanie, Shyla, Gramma Gina, Uncle Dal, Dilly Bar, Gramma Nazz, and Papa • **Bronson Benjamin**, 6, on December 2 with love from mom and dad • **Daylan Feverhake-Benjamin**, 14, on December 31 with love from mom and dad • **Jasmine Staples**, on December 4 from Grandma Nita, aunties, and uncles • **Aris Richey and Mason Quick**, 1, from Grandma Nita, aunties, and uncles • **Dominick Richey**, December 24 from Grandma Nita • **Tony Benjamin**, on December 24 from Grandma Nita • **Annavey Martin**, on December 24 from Grandma Nita • **Kyle Hatfield**, on December 25 with love from mom, brothers, sisters, nieces and nephews.

Happy December birthday to Mille Lacs Band Elders!

Judith Beaulieu
Gayle Bender
Rose Benjamin
Henry Bonga
Loann Boyd
Phyllis Boyd
Lawrence Churchill
Frances Davis
Marilyn Davis
Delsie Day
June Day
Randy Dorr
Rodney Dorr
Ronald Dorr
Mary Forsman
Timothy Foreman
Dale Greene Sr.
Diane Gibbs
Angeline Hawk
Viola Hendren
Carole Higgins
Esther Johnson
Peggy Klapel
Larry Koeppe
Renda Leslie
Richard Mortenson
Linda Moxness
Agnes Pindegayosh
Dale Pindegayosh
Clifford Pewaush
William Premo
Catherine Sam
Herbert Sam
Laura Shingobe-Garbow
Susan Shingobe
Steve Smith
Louis St. John Jr.
Anita Upegui
Kenneth Wade Sr.
Yvonna Winiecki
Lucille Woyak

Thank you

The family of **Dionne Thomas (Thompson)** would like to thank family, friends, and loved ones for the overwhelming love, support and generosity during our most difficult loss. Dionne is and will be greatly missed. We take comfort in knowing we are surrounded by love. *Mii gwech the Thomas Family*.

• • •

A big thanks for **Tribal Police Officer West** for his compassion and help with the loss of my dog. He was wonderful and went above and beyond his duty to help. Its good to see good officers in our community. *Thank you from Irene Benjamin*.

• • •

I would like to thank my family members who were there for me everyday I was in the St. Cloud Hospital for their support and all they did for me. I would like to thank them for their flowers and cards. Special thanks to Health and Human Services for the flowers. It is good to know people care, and I will always care for you and think of you. *From, Beatrice Mitchell.*

Birth announcements

Congratulations to **David Bonilla and Cristian Johnson** on the birth of their new baby boy. Carter was born on October 6. *With love from the new grandma and rest of the family*.

• • •

Congratulations to **Jaylene White** on the birth of her new baby girl. Aniyah Dayna-Raye White was born on October 23. She weighed 7 pounds, 7 ounces, and was 20 inches long. *With love from mom, Tanya, Deondre, David, Junior, Sarah, Prince, Trin, Dalene, Jim, Chaddy, Gabriella, Lance, Elle Neveah, Jaxin, Tommy Lee, Matty, Val, Niss, Wayz, Tina, and Jose*.

• • •

Congratulations to **Krystyna Virnig and Christopher MacLean** on the birth of their new baby boy. Jayden James MacLean was born on October 10 at 6:55 a.m. He weighed 7.5 pounds, and was 20 inches long. *From Grandma Judy*.

• • •

Congratulations to **Richard Richey III and Tasheena St. John** on the birth of their baby girl. Aurora Reann Richey was born on October 5.

• • •

Congratulations to **Matthew Hatfield and Michelle Parsons** on the birth of their new baby. Rylan Frederic Hatfield was born on October 16.

In memory

In memory of **Purjiel Jean Sam**. We would be celebrating your 7th birthday on December 3. Not a day goes by that I don't think about you, my sleeping angel. I love you always!

• • •

In loving memory of **Julie Ann Nayquonabe**, 1970-2005.

This year, we would have been celebrating your 40th birthday.

We miss you more than you could know. For five years now, we've missed your pretty smile and the way you used to make us laugh and make it all worth while.

We think about you everyday and dream of you at night, just thinking of your laugh and grin makes everything all right.

We often sit and wonder why we could not say goodbye, to say the things we needed to, on the day you learned to fly.

We know you're always with us, although we are apart, but Julie Ann, we all love you, forever in our hearts.

Loved always by T. John Skinaway and the Sam family.

Obituary

Frank Mason
Born – 5-11-47
Died – 10-21-2010
Resided in McGregor

Dionne Thomas
Born – 2-27-72
Died – 11-3-2010
Resided in Minneapolis

Agnes Chief
Born – 7-22-33
Died – 11-12-2010
Resided in McGregor

Teaching the Language of Our Ancestors

Melissa Boyd

By Toya Stewart Downey

Melissa Boyd believes the Ojibwe language is a gift that was given to the Anishinabe.

But it didn't dawn on her just how significant it was until she began her journey to study and learn the language of her ancestors.

"My personal well-being has gotten ridiculously better because of the language," said Melissa, 25, who had heard Ojibwe during ceremonial events when she was young. "No wonder we got this as a gift."

"And it's no wonder that so many of us are living dysfunctional lives because we don't have our language and culture," she said.

That's one of the reasons Melissa has made learning and teaching the language her life's work. This year she began working as a language instructor at Nay Ah Shing School. She feels that she was destined for that role.

"It's a lot of work, and it's been a lot of work for a few years, but there's nothing else I'd rather do," she said. "I found my calling; this is what I want to do for the rest of my life."

Melissa's actions back her words. Besides teaching at the school, she spends several hours each week at language tables and with Elders to continue learning the language.

Her commitment is so great that after teaching, she drives an hour to pick up her two-year-old from school and then drives back to District I, the Twin Cities, or other districts to participate in language tables. She also spends time after school conversing in Ojibwe with other teachers so they can practice.

"I understand a lot but I'm not real conversational," she said. "I can teach it, but I'm not able to sit down and talk right now because it's hard to have a descriptive dialogue."

Melissa is confident that one day she will have the ability to conduct complete conversations in Ojibwe. She's also making sure her son is learning the language so that one day he will master it.

"He doesn't speak well because he's 27 months, but every now and then he'll say a word in Ojibwe and he doesn't realize that he's speaking in the language," she said.

Melissa said she first began learning the language right after high school when she worked with Larry Smallwood (Amik) in the Head Start classrooms.

Then Joyce Shingobe, the former education commissioner, offered her an opportunity to participate in the Band's master apprentice language program.

Since that time, Melissa has been doing everything possible to study Ojibwe.

In her classroom she doesn't rely on books or pens and paper. Nor does she have the students sit at desks or tables. Instead they sit in front of a whiteboard that is covered with photos. Those photos help the students learn to associate the words with the photos.

In just seven days, the students in her classes learned 80 phrases in Ojibwe.

"If they get something wrong, I don't correct them. I just run them through the photos again so they can associate what they're seeing with what they're saying," she said. "The kids are excited because they are learning and having fun."

The students seem to like the teaching method that Melissa is using which was developed by University of Montana Professor Stephen Neyooxet Greymorning.

The method relies on using photos, images, and students' senses of association to help them learn and understand the language.

This past summer Melissa joined educators, Elders, and Band members to study with the professor at a three-day workshop in Hinckley.

Neyooxet, who is a professor of anthropology and Native American studies, began developing his method – called Accelerated Second Language Acquisition – in 1998.

His children were his first students in 2003. He then offered workshops and used the method at the University of Montana. It is currently being used in more than 40 Native communities throughout the U.S., Canada, and Australia.

"It's a good method for us, and we're hoping that at some point we'll have total immersion in our classrooms," Melissa said. For now, Melissa is working to become a fluent speaker.

"It it weren't for the Master Apprentice Program, I wouldn't be able to do this," Melissa said, adding that she is appreciative of everyone who has helped her, such as Larry Smallwood, Lee Staples, Marge Anderson, and other Elders.

She also understands that to whom much is given, much is expected.

"Our sound was given to us to communicate with those Manidoog and perform our ceremonies," she said. "They don't hear English, but we use English to help people understand. We have to do this for our Anishinabe people."

Moccasin Telegraph

Beatrice Taylor

Teaching grandchildren the language

By Beatrice Taylor, Mille Lacs Band Elder

The following article appeared in the March 5, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

All I want to see when I leave this earth is that my children and grandchildren have homes, a good education, and good things like everyone else, but that they are also knowledgeable about their Ojibwe language.

To me, that language is soothing. You feel safe when you hear it. And it's part of our culture – to speak to the Great Spirit or pass on our traditional teachings correctly, you're supposed to speak in Ojibwe.

It's a hard language, one of the most difficult languages there is to learn. One little twitch of the wrong vowel, and you've said something completely different from what you intended.

But the little ones, they absorb it like a sponge. I teach my grandchildren and use Ojibwe words with them constantly. They listen to me when I speak Ojibwe, and they say, "What does that mean grandma?" I tell them two or three times, and then they've got it. They're quick to pick it up, and they get the enunciation just perfect.

Sometimes they learn even when I'm not trying to teach them. I have one little granddaughter who was pestering me one day when I was sewing my quilts. She was monkeying with the TV, and I said, "Gae-guh."

"What does that mean, grandma?" she asked.

I said, "It means don't."

She stopped for a minute, but then she started up again. So I said, "Gae-guh, gi-di-nin."

What does that mean, grandma?" she said.

I said, "I told you – don't." Then I said, "Ah-gwa-jing ba da zhi-tahn."

"What does that mean?" she said.

"It means go play outside."

She kept monkeying with something, and finally I said, "Gi-noon-dowh-ina?"

"What does that mean?" she said.

I said, "Didn't you hear what I told you?"

She said it herself – gi-noon-dowh-ina – and then out she went. A little while later, she came back in again. I was still trying to get my quilt pieces set in, and I was trying to keep track of my movie on the TV. She kept pushing on me and talking. I was trying to listen to her and hold on to my sewing at the same time. But she wanted all of my attention. Finally she went around in front of my table and said, "Gi-noon-dowh-ina?!"

I was flabbergasted. I just sat back and looked at her. She sure picked that up quick! It made me feel really good. She still comes over to learn.

Calendar of Events

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**		1	2 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	3	4 **Bill Engvall*** Grand Casino Mille Lacs 4 p.m. & 7p.m.
5	6 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320/309-6925	7 **Central Lakes College Registration and Orientation Day** Mille Lacs Tribal College 11 a.m.-5 p.m. (see page 6 for details	8 **District I Community Christmas Party** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423 **District II Community Christmas Party** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218/768-3311 **District IIA Community Christmas Party** Chiminising Community Center 5:30 p.m., Contact: Lesley Sam, 320/676-1102	9 **Diabetes Education Group Class** District I Community Center 8:30 a.m.-4 p.m.	10 **Bobby Vinton*** Grand Casino Hinckley 8 p.m.	11 **Birchbark Ornament Workshop** Mille Lacs Indian Museum 12-4 p.m.
12 **Birchbark Ornament Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	13	14 **Urban Area Community Meeting** Minnesota Chippewa Tribe Building 5-7 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	15	16 **District III Community Christmas Party** Grand Casino Hinckley 5:30 p.m., Contact: Katie Draper, 320/384-6240	17 **All Elder Christmas Party** Grand Casino Mille Lacs 5:30 p.m. Contact: Denise Sargent, 320/532-7854	18
19	20	21 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted, 218/768-2345	22	23 **All government offices closed for Mid Winter Break**	24	25
26	27	28	29	30	31 **All government offices closed for New Year's Day** **New Year's Eve Sobriety Powwow** District I Community Center 5:30 p.m.	Jan. 1
2	3	4 **Central Lakes College Registration and Orientation Day** Mille Lacs Tribal College 11 a.m.-5 p.m. (see page 6 for details	5	6	7	8 **The Fab Four*** Grand Casino Mille Lacs 2 p.m. & 6 p.m.

"What's The Biggest Change You've Made In Your Life In The Past Year?"

Sierra Cruz

"I help more around the house."

Donovan Nickaboine

"I don't drink anymore."

David Gonzales

"I'm a better student."

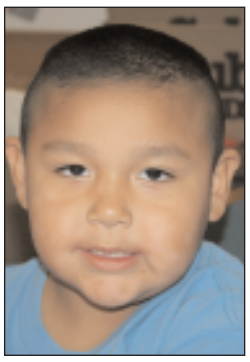
Rosalind Leon

"I'm budgeting my money better."

Arlene Hunt-Rosin

"I have moved into a house."

Armondo Leon



"I drink more water."

Leticia Leon

"I got elected to be a class leader at school."

Bonita Lucas

"I've made dietary changes and I do range of motion exercises daily because I've been diagnosed with rheumatoid arthritis."

Photos by Toya Stewart Downey

2011 State of the Band Address

All Band members are invited to the
27th Annual Mille Lacs Band of Ojibwe
State of the Band Address

Tuesday, January 11, 2011

10 a.m.

Grand Casino Mille Lacs Events & Convention Center